

ABSTRAK

Alfaro Christian Tamelan (01501170031), Cornelius (01501170118), Febrina Ruhulesin (01501170115).

GAMBARAN MANAJEMEN NYERI NONFARMAKOLOGI PADA PASIEN POST OPERASI BEDAH UROLOGI DIRUANG RAWAT INAP SALAH SATU RUMAH SAKIT SWASTA INDONESIA BARAT

(xiii + 95 halaman, 2 bagan, 5 tabel, 5 Lampiran)

Latar Belakang: Nyeri umumnya dialami pasien post operasi dan dapat mempengaruhi aspek psikologis dan fisiologis pasien. Salah satu penanganan nyeri adalah nonfarmakologi yang meliputi standar kenyamanan, stimulasi kutaneus, pijat, kompres panas dan dingin, *transcutaneous nerve stimulation*, akupunktur, akupresur, *positioning*, napas dalam, relaksasi progresif, napas ritmik, musik, *guided imagery*, *biofeedback*, distraksi, terapi sentuhan, meditasi, hipnotis, dan humor. Berdasarkan data awal yang diperoleh di Ruang Rawat Inap Salah Satu Rumah Sakit tahun 2019 hanya menggunakan teknik relaksasi napas dalam dan *positioning*. **Tujuan Penelitian:** Untuk mengetahui gambaran manajemen nyeri nonfarmakologi pada pasien post operasi urologi tahun 2019 di Ruang Rawat Inap Salah Satu Rumah Sakit Swasta Indonesia Barat. **Metode Penelitian:** Penelitian ini menggunakan metode penelitian deskriptif kuantitatif dengan pendekatan retrospektif dengan sampel penelitian berjumlah 242 *medical record*. Instrumen penelitian adalah lembar *checklist*. Analisa data yang digunakan dengan univariat. **Hasil:** Hasil penelitian menunjukkan bahwa manajemen nyeri nonfarmakologi yang digunakan pada pasien post operasi urologi adalah *positioning* 136 pasien (56.2%), relaksasi napas dalam 74 pasien (30.6%), dan standar kenyamanan 32 pasien (13.2%). **Rekomendasi:** Penelitian selanjutnya dapat melakukan penelitian dengan metode observasi agar dapat melihat langsung manajemen nyeri nonfarmakologi pada pasien post operasi urologi.

Kata Kunci : Manajemen Nyeri Nonfarmakologi, Nyeri Post Operasi, Post Operasi, Urologi

Referensi : 46 (2000-2020).

ABSTRACT

Alfaro Christian Tamelan (01501170031), Cornelius (01501170118), Febrina Ruhulesin (01501170115).

DESCRIPTION OF NONPHARMACOLOGICAL PAIN MANAGEMENT IN POST OPERATING PATIENTS OF UROLOGICAL SURGERY IN HOSPITALIZATION, ONE OF THE WEST INDONESIA PRIVATE HOSPITALS

(xiii + 95 pages, 2 charts, 5 tables, 5 Attachments)

Background: Pain is commonly experienced by postoperative patients and can affect psychological and physiological aspects of the patient. One of the pain treatments is nonpharmacology which includes comfort standards, cutaneous stimulation, massage, hot and cold compresses, transcutaneous nerve stimulation, acupuncture, acupressure, positioning, deep breathing, progressive relaxation, rhythmic breathing, music, guided imagery, biofeedback, distraction, therapy touch, meditation, hypnosis, and humor. Based on preliminary data obtained at the Inpatient Room of One Hospital in 2019 using only deep breathing and positioning techniques. **Objective:** To find out the description of nonpharmacological pain management in post-urology surgery patients in 2019 in the Inpatient Room of One Private Hospital in West Indonesia. **Research Methods:** This study used a descriptive quantitative research method with a retrospective approach with a sample of 242 medical records. The research instrument was a checklist sheet. Data analysis used univariate. **Results:** The results showed that nonpharmacological pain management used in post-urologic surgery patients was positioning 136 patients (56.2%), breathing relaxation in 74 patients (30.6%), and comfort standards of 32 patients (13.2%). **Recommendations:** Future studies can conduct research with observational methods so that they can see firsthand the management of nonpharmacological pain in patients with urologic surgery.

Keywords: Management of Nonfarmacology Pain, Post Surgery Pain, Post Surgery, Urology

References: 46 (2000-2020).