

ABSTRAK

ASUHAN KEPERAWATAN NYERI AKUT PADA ANAK TONSILITIS DI RUANG RAWAT INAP LANTAI 1 RS PETROKIMIA GRESIK

Penelitian Studi Kasus di Wilayah Kerja RS Petrokimia Gresik

Oleh: **Rahmawati Firdausi**

Pendahuluan: Tonsilitis adalah peradangan tonsil palatina atau cincin Waldeyer terdiri atas susunan saraf limfa dalam rongga mulut yaitu tonsil faringeal, tonsil palatina, tonsil lingual, tonsil tuba Eustachius. Penelitian ini bertujuan memperoleh gambaran dan pengalaman langsung dalam memberikan asuhan keperawatan anak Tonsilitis dengan Nyeri Akut. **Metode:** Penelitian ini menggunakan desain kualitatif dengan pendekatan studi kasus. Partisipan 1 pasien anak Tonsilitis dengan Nyeri Akut di Ruang Rawat Inap Lantai 1 RS Petrokimia Gresik. Pengumpulan data dengan wawancara, observasi, pemeriksaan fisik, studi dokumentasi, studi pustaka. Setelah itu, dilakukan analisa data menggunakan proses keperawatan. **Hasil:** Pada An. "I" dengan Tonsilitis ditemukan pemeriksaan fisik pre operasi leher terdapat pembesaran tonsil dan berwarna kemerahan, nyeri tekan, pembesaran kelenjar limfoid. Pemeriksaan fisik post operasi leher terdapat luka insisi pasca operasi dan nyeri tekan. Tampak menahan sakit dan meringis. Nadi 88 x/menit. Suhu 36,6°C. Respirasi 22 x/menit. Tampak gelisah. Keadaan umum lemah. Akral dingin. Mukosa bibir kering. Ditentukan diagnosa keperawatan pre operasi adalah Nyeri Akut berhubungan dengan peradangan pada tonsil dan post operasi adalah Nyeri Akut berhubungan dengan tindakan pembedahan. Dilakukan tindakan identifikasi penyebab, kualitas, lokasi, skala, waktu nyeri, identifikasi faktor yang memperberat dan memperingan nyeri, monitor keberhasilan terapi komplementer, berikan teknik nonfarmakologis, berikan teknik latihan nafas, jelaskan penyebab, periode, pemicu nyeri, jelaskan strategi meredakan nyeri, anjurkan memonitor nyeri, laksanakan terapi pemberian analgetik dan antibiotik. Masalah selesai hari ketiga dengan keadaan umum baik, keluhan nyeri menurun, meringis menurun, nafsu makan membaik. **Diskusi:** Diharapkan pasien dan keluarga untuk istirahat sampai nyeri membaik, latihan nafas dalam, memberikan kompres dingin.

Kata Kunci : Asuhan Keperawatan, Anak, Tonsilitis, Nyeri Akut.

ABSTRACT

NURSING ACUTE PAIN IN TONSILLITIS CHILDREN IN FLOOR 1 STREET HOSPITAL, PETROKIMIA, GRESIK

Case Study Research in the Working Area of Gresik Petrochemical Hospital

By: Rahmawati Firdausi

Introduction: Tonsillitis is inflammation of the palatine tonsils or Waldeyer ring consisting of the arrangement of the lymph nodes in the oral cavity, namely pharyngeal tonsils, palatine tonsils, lingual tonsils, Eustachian tubal tonsils. This study aims to obtain an overview and direct experience in providing nursing care for children with tonsillitis with acute pain. **Method:** This study uses a qualitative design with a case study approach. Participant 1 Tonsillitis pediatric patient with acute pain in the 1st floor inpatient of Petrokimia Gresik Hospital. Data collection by interview, observation, physical examination, study of documentation, study of literature. After that, data analysis is done using the nursing process. **Result:** To An. "I" with Tonsillitis found pre physical examination of the neck there is enlarged tonsils and reddish, tender, enlarged lymphoid glands. Postoperative physical examination of the neck contained postoperative incision wounds and tenderness. Appear to withstand pain and grimace. The pulse is 88 x / minute. Temperature of 36.6°C. Respiration 22 x / minute. Looks nervous. Weak general situation. Cold acral. Dry lip mucosa. The preoperative nursing diagnosis is determined that Acute Pain is associated with inflammation of the tonsils and postoperatively is Acute Pain associated with surgery. Actions are carried out to identify the cause, quality, location, scale, time of pain, identify factors that aggravate and alleviate pain, monitor the success of complementary therapy, provide nonpharmacological techniques, provide breathing training techniques, explain the causes, periods, triggers of pain, explain the strategies to relieve pain, recommend monitor pain, administer analgesic and antibiotic therapy. The problem finished the third day with good general condition, decreased pain complaints, decreased grimaces, improved appetite. **Discussion:** It is expected that the patient and family will rest until pain improves, deep breathing exercises, cold compresses are provided.

Keywords: Nursing Care, Child, Tonsillitis, Acute Pain.