

ABSTRAK

**ASUHAN KEPERAWATAN NYERI AKUT PADA PASIEN *POST OP*
APENDEKTOMI DI RUANG MAWAR RSI NASHRUL UMMAH
LAMONGAN**

Penelitian Studi Kasus di RSI Nashrul Ummah Lamongan

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Pendahuluan: Apendektomi adalah pembedahan untuk mengangkat apendik pembedahan diindikasikan bila diagnosa apendisitis telah ditegakkan. Nyeri akut post op apendektomi biasanya yang paling sering dirasakan oleh pasien karena P : Adanya insisi atau lesi karena proses pembedahan, Q : Nyeri dapat dirasa seperti tersayat-sayat/tertusuk benda tajam, R : Nyeri berada di perut kanan bagian bawah, S : Nyeri yang dirasakan dengan skala nyeri (0-10), T : Waktu timbul nyeri dirasa ketika bergerak/diam oleh pasien. Penelitian ini bertujuan untuk melakukan asuhan keperawatan pada pasien yang mengalami *Post Op* Apendektomi dengan masalah nyeri akut. **Metode:** Penelitian ini menggunakan metode studi kasus, dilakukan di Ruang Mawar RSI Nashrul Ummah Lamongan dengan 1 partisipan *Post Op* Apendektomi dengan masalah Nyeri Akut dalam waktu 24 jam selama 3 hari. Pengumpulan data didapatkan melalui : wawancara, observasi, pemeriksaan fisik dan studi dokumentasi. Data yang didapatkan dianalisa dengan metode deskriptif, disusun diagnosa, intervensi kemudian diimplementasi dan dievaluasi. **Hasil:** Hasil studi menunjukkan pada pengkajian didapatkan keluhan utama nyeri, hasil evaluasi terhadap pasien setelah dilakukan asuhan keperawatan selama 24 jam dalam tiga hari nyeri berkurang dengan skala nyeri 2. **Diskusi:** Kombinasi intervensi seperti pemberian analgesic dan terapi non farmakologis seperti nafas dalam dan mengenggam jari memberikan pengaruh yang baik untuk mengurangi rasa nyeri.

Kata Kunci : *Apendisitis, Apendektomi, Asuhan Keperawatan, Nyeri Akut*

ABSTRACT

**NURSING ACUTE PAIN CARE IN POSTOPTOMY OP POST PATIENTS
IN THE MAWAR SPACE OF RSI NASHRUL UMMAH LAMONGAN**

Case Study Research at RSI Nashrul Ummah Lamongan

By: Nur Kumala Sari

Introduction: Appendectomy is surgery to remove appendix surgery indicated if the diagnosis of appendicitis has been established. Post op appendectomy acute pain is usually the most often felt by patients because of P: The existence of an incision or lesion due to the surgical process, Q: Pain can be felt like being cut / stabbed with sharp objects, R: Pain in the lower right abdomen, S: Pain perceived by pain scale (0-10), Q: Time of pain felt when moving / silent by the patient. This study aims to conduct nursing care in patients who have Post Op Appendectomy with acute pain problems. **Methods:** This study used a case study method, conducted in the Rose Room of the RSI Nashrul Ummah Lamongan with 1 Post Op Appendectomy participant with the problem of Acute Pain within 24 hours for 3 days. Data collection is obtained through: interviews, observations, physical examinations and documentation studies. The data obtained were analyzed with descriptive methods, compiled diagnoses, interventions then implemented and evaluated. **Results:** The results of the study showed that in the assessment there were major complaints of pain, the results of evaluations of patients after nursing care were carried out for 24 hours in three days the pain was reduced by pain scale 2. **Discussion:** A combination of interventions such as analgesic administration and non-pharmacological therapy such as deep breathing and finger grasping provide a good influence to reduce pain.

Keywords: *Appendicitis, Appendectomy, Nursing Care, Acute Pain*