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Judul : Asuhan Keperawatan Pada Pasien Yang Mengalami Post Operasi
Tumor Mammae Dengan Nyeri Akut Di RS. PUSDIKKES PUSKESAD Jakarta
Timur

ABSTRAK

Latar Belakang : Tumor mammae merupakan pertumbuhan jaringan abnormal pada payudara yang umumnya ditangani melalui prosedur pembedahan. Pasien pascaoperasi berisiko mengalami nyeri akut serta gangguan psikologis akibat perubahan citra tubuh. **Tujuan :** Penelitian ini bertujuan untuk mengevaluasi asuhan keperawatan pada pasien post operasi tumor mammae, dengan fokus pada manajemen nyeri akut. **Metode :** Penelitian ini menggunakan metode studi kasus terhadap dua pasien yang dirawat di RS PUSDIKKES PUSKESAD Jakarta Timur, dengan pengumpulan data melalui wawancara, observasi, dan telaah dokumentasi. **Hasil :** Diagnosa utama yang ditegakkan adalah nyeri akut akibat agen pencedera fisik. Intervensi keperawatan dilakukan selama tiga hari dan mencakup pemantauan tanda-tanda vital, penilaian nyeri menggunakan pendekatan PQRST, edukasi teknik relaksasi napas dalam, serta kolaborasi pemberian analgesik sesuai indikasi medis. **Evaluasi :** Hasil evaluasi menunjukkan adanya penurunan intensitas nyeri dan peningkatan kenyamanan pasien. Meskipun terdapat keterbatasan berupa ketidakterediaan alat ukur nyeri objektif dan tidak lengkapnya data riwayat medis pasien, asuhan keperawatan tetap dapat dilaksanakan secara optimal.

Kata Kunci : Asuhan Keperawatan Post Operasi, Nyeri Akut, Tumor Mammae
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Title : *Nursing Care for Patients Post Operative Mammae Tumor with Acute Pain at Rs.
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ABSTRACT

Background : *Mammae tumor is an abnormal growth of breast tissue, commonly managed through surgical procedures. Postoperative patients are at risk of experiencing acute pain and psychological disturbances due to altered body image. Objective :* *This study aimed to evaluate nursing care in postoperative mammae tumor patients with a focus on acute pain management. Method :* *A case study method was used involving two patients hospitalized at RS. PUSDIKKES PUSKESAD, East Jakarta. Data were collected through interviews, observations, and documentation review. Results :* *The primary nursing diagnosis was acute pain related to physical injury agents. Nursing interventions were implemented over three days and included vital sign monitoring, pain assessment using the PQRST approach, deep breathing relaxation education, and collaborative administration of analgesics as indicated. Conclusion :* *The evaluation results showed a decrease in pain intensity and improvement in patient comfort. Despite limitations such as the unavailability of objective pain assessment tools and incomplete medical history data, nursing care was delivered effectively in accordance with evidence-based practice principles.*

Keywords: *Acute Pain, Breast Tumor, Postoperative Nursing Care*

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