

ABSTRAK

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Program Studi : Profesi Ners
Judul : Asuhan Keperawatan pada Pasien dengan Post Operasi Appendisitis dengan Nyeri Akut Melalui Pemberian Mobilisasi Dini di Ruang Hardja 1 RS Bhayangkara Tk.1 Puskokes Polri
Pembimbing : Ns. Sri Suryati, M.Kep., Sp.Kep.MB
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Pendahuluan: Menurut Organisasi Kesehatan Dunia (WHO) tahun 2018 dalam penelitian Haryanti et al. (2023), terdapat sekitar 259 juta kasus radang usus buntu yang tidak terdiagnosis pada pria dan 160 juta kasus pada wanita di seluruh dunia. Mobilisasi dini dalam asuhan keperawatan pascaoperasi terbukti efektif dalam mengatasi nyeri akut karena dapat meningkatkan sirkulasi darah, mempercepat penyembuhan jaringan, serta mengurangi risiko kekakuan otot dan pembentukan adhesi.

Metode: Penelitian ini tergolong ke dalam jenis penelitian deskriptif kualitatif karena berfokus pada pemahaman mendalam mengenai pengalaman dan respons pasien terhadap asuhan keperawatan pascaoperasi appendisitis, khususnya dalam manajemen nyeri akut melalui mobilisasi dini.

Hasil: Pelaksanaan asuhan keperawatan pada Ny. I menunjukkan efektivitas pendekatan evidence-based practice (EBP) dan intervensi holistik. Penanganan nyeri dengan kombinasi teknik farmakologis (analgesik) dan nonfarmakologis (relaksasi napas dalam) berhasil mengendalikan nyeri secara signifikan. Pendekatan ini mendukung Gate Control Theory, yang menjelaskan bahwa aktivasi serabut A-beta melalui stimulasi non-noxious seperti relaksasi dapat “menutup gerbang nyeri” dan menghambat transmisi impuls nyeri ke sistem saraf pusat. Penerapan teknik napas dalam tidak hanya menurunkan intensitas nyeri tetapi juga mendukung keseimbangan autonomik melalui aktivasi sistem parasimpatis.

Kesimpulan: Pelaksanaan asuhan keperawatan pada Ny. I membuktikan bahwa pendekatan evidence-based practice melalui kombinasi intervensi farmakologis dan teknik relaksasi napas dalam efektif dalam mengendalikan nyeri secara signifikan.

Kata kunci: Operasi Appendisitis, Nyeri Akut, Mobilisasi Dini

ABSTRACT

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Title : Nursing Care for Post-Appendectomy Patients with Acute Pain Through Early Mobilization in Hardja 1 Ward, Bhayangkara Level 1 Hospital, Puskor Polri
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Introduction: According to the World Health Organization (WHO) in 2018, as cited in the study by Haryanti et al. (2023), there were approximately 259 million undiagnosed cases of appendicitis in men and 160 million cases in women worldwide. Early mobilization in postoperative nursing care has been proven effective in managing acute pain, as it improves blood circulation, accelerates tissue healing, and reduces the risk of muscle stiffness and adhesion formation.

Method: This study is categorized as a qualitative descriptive research, as it focuses on an in-depth understanding of the experiences and responses of post-appendectomy patients toward nursing care, particularly in the management of acute pain through early mobilization.

Results: The implementation of nursing care for Mrs. I demonstrated the effectiveness of evidence-based practice (EBP) and holistic interventions. Pain management using a combination of pharmacological techniques (analgesics) and non-pharmacological techniques (deep breathing relaxation) successfully reduced pain significantly. This approach supports the Gate Control Theory, which explains that the activation of A-beta fibers through non-noxious stimulation such as relaxation can “close the pain gate” and inhibit the transmission of pain impulses to the central nervous system. The application of deep breathing techniques not only decreased pain intensity but also supported autonomic balance through parasympathetic system activation.

Conclusion: The nursing care provided to Mrs. I proves that evidence-based practice using a combination of pharmacological interventions and deep breathing relaxation techniques is effective in significantly reducing pain.

Keywords: Appendectomy, Acute Pain, Early Mobilization