

ABSTRAK

Analisis Asuhan Keperawatan Pada Tn. I Diagnosa *Post Operasi* (POD Ke-1) *Herniorapy* Atas Indikasi Hernia Inguinalis (HIL) Dengan Masalah Keperawatan Nyeri Akut dan Intervensi *Relaksasi Genggam Jari* di Ruang Khalid Bin Whalid Rsud Al-Ihsan

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Di Indonesia hernia inguinalis menempati urutan kedua setelah batu saluran kemih sebagai penyakit bedah yang paling banyak ditangani di rumah sakit. penatalaksanaan hernia dapat dilakukan dengan farmakologi (obat-obatan) dan tindakan operasi. Keluhan yang sering dirasakan pada pasien post operasi yaitu nyeri. jika nyeri ini tidak di tangani segera menimbulkan beberapa masalah seperti kebutuhan dasar manusia terganggu contohnya akitivitas sehari-hari terganggu. Penanganan nyeri bisa dilakukan dengan non farmakologis salah satunya relaksasi genggam jari yang mudah dan dapat dilakukan. Tujuan penelitian ini untuk mengetahui efektivitas intervensi relaksasi genggam jari terhadap tingkat nyeri dengan diagnosa hernia inguinalis post operasi *hernioraphy* metode *pretest-posttest* pengambilan sample *case stusdy* dengan cara relaksasi genggam jari selama 15 menit dilakukan 3 hari frekuensi 1 kali dalam sehari. Instrument penelitian alat ukur nyeri dengan *Numeric Rating Scale*. pada kasus ini diagnosa yang muncul ada 3 diantara nya : nyeri akut dan resiko infeksi. Serta intervensi yang dilakukan untuk masalah utama yaitu nyeri akut dengan relaksasi genggam jari. Hasil sebelum relaksasi genggam jari skala nyeri 6 dan setelah dilakukan relaksasi genggam jari skala nyeri menjadi 2 dihari terakhir. Kesimpulan terdapat pengaruh sebelum dan setelah dilakukan relaksasi genggam jari terhadap penurunan skala nyeri. Intervensi relaksasi genggam jari ini terbukti dapat mengatasi nyeri diharapkan hasil penelitian ini sebagai referensi dan bisa dijadikan SOP.

Kata Kunci : Hernia inguinalis, Post Operasi, Nyeri Akut, Relaksasi Genggam Jari

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ABSTRACT

Analysis of Nursing Care for Tn. I Diagnosis (1 st POD) Hernioraphy for Indications Of Inguinal Hernia (Hil) With Acute Pain Nursing ProblemsAand Finger Grip Relaxation Intervention In The Khalid Bin Whalid Room At Al-Ihsan Hospital

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In Indonesia, inguinal hernia ranks second after urinary tract stones as the most common surgical disease treated in hospital. Hernia management can be done with pharmacology (drugs) and surgery. The complaint that is often felt by post-operative patients is pain. If this pain is not handled, it immediately causes several problems, such as disrupting basic human needs, for example disrupting daily activities. Pain management can be done non-pharmacologically, one of which is finger grip relaxation which is easy and can be done. The aim of this study was to determine the effectiveness of the finger grip relaxation intervention on the level of pain with the diagnosis of inguinal hernia post hernioraphy surgery using the pretest-posttest method for taking study case samples by finger grip relaxation for 15 minutes carried out 3 days with a frequency of 1 time a day. The research instrument is a pain measurement tool using the Numeric Rating Scale. In this case, three diagnoses emerged: acute pain, disturbed sleep patterns and risk of infection. As well as interventions carried out for the main problem, namely acute pain by relaxing the finger grip. The results before relaxing the finger grip, the pain scale was 6 and after relaxing the finger grip, the pain scale was 2 on the last day. The conclusion is that there is an effect before and after finger grip relaxation on reducing the pain scale. This finger grip relaxation intervention has been proven to be able to overcome pain. It is hoped that the results of this research will be used as a reference and can be used as an SOP.

Keywords : Inguinal Hernia, Post Operasi, Acute Pain, Finger Grip Relaxation

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