

**PENERAPAN *BLADDER TRAINING* DALAM ASUHAN
KEPERAWATAN PADA PASIEN TURP DENGAN *BENIGN
PROSTATIC HYPERPLASIA (BPH)* DI GEDUNG TOPAZ
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ABSTRAK

Latar Belakang: Prevalensi BPH di Indonesia meningkat tahun ketahun, fenomena atau kondisi ini sering terjadi pada usia lanjut karena adanya penurunan fungsi organ, salah satu treatment yang paling sesuai dilakukannya TURP untuk mengurangi gejala, pasca dilakukan TURP pasien mengalami retensi urine, Bladder training untuk mengatasi retensi urine. **Tujuan penelitian:** Penelitian ini bertujuan untuk mengevaluasi efektivitas penerapan bladder training dalam mendukung pemenuhan kebutuhan eliminasi pada pasien TURP dengan BPH. **Metode penelitian:** Penelitian ini menggunakan metode deskriptif kualitatif dengan metode studi kasus dan pendekatan asuhan keperawatan pada pasien 1 (Tn.U) dan pasien 2 (Tn.B) dengan diagnosa post operasi TURP dengan BPH yang terpasang kateter urine yang dilakukan pada tanggal 8-11 Mei 2025 masing-masing 3 hari pelaksanaan dan instrument pengambilan datanya menggunakan format pengkajian Asuhan Keperawatan medikal bedah, informed consent, SOP bladder training, leaflet. **Hasil:** Berdasarkan hasil penellitian prosedur 2 jam selama 3 hari, setelah dilakukan bladder training nyeri menurun, produksi urine meningkat. **Kesimpulan dan Saran:** Kedua pasien berhasil merasakan dorongan untuk berkemih dan mengeluarkan urin setelah melakukan 2 prosedur *bladder training* selama 3 hari penelitian ini diharapkan sebagai bahan informasi tambahan dan masukan dalam menerapkan tindakan bladder training.

Kata Kunci : *Benign Prostatic Hyperplasia (BPH), Nyeri Akut, Retensi Urine, Bladder Training. Askep KMB, Post TURP*

Reverensi : 8 Buku (2017-2021), 3 Internet, 18 jurnal (2020-2025)

***IMPLEMENTATION OF BLADDER TRAINING IN NURSING
CARE FOR TURP PATIENTS WITH BENIGN PROSTATIC
HYPERPLASIA (BPH) IN TOPAZ BUILDING
UOBK RSUD dr. SLAMET GARUT
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ABSTRAC

Background: The prevalence of BPH in Indonesia has been increasing year by year. This phenomenon or condition commonly occurs in the elderly due to a decline in organ function. One of the most appropriate treatments is TURP (Transurethral Resection of the Prostate) to reduce symptoms. However, post-TURP, patients often experience urinary retention. Bladder training is implemented to address urinary retention. ***Research purposes:*** This study aims to evaluate the effectiveness of bladder training in supporting the fulfillment of elimination needs in TURP patients with BPH. ***Research methods:*** This study employed a qualitative descriptive method using a case study design and a nursing care approach for Patient 1 (Mr. U) and Patient 2 (Mr. B), both diagnosed with post-TURP surgery for BPH and fitted with a urinary catheter. The study was conducted from May 8–11, 2025, with three days of implementation for each patient. Data collection instruments included the medical-surgical nursing assessment form, informed consent, bladder training SOP, and a leaflet. ***Results:*** Based on the results of the study, after implementing the bladder training procedure for 2 hours over 3 days, pain decreased and urine output increased. ***Conclusion and Suggestions:*** Both patients were able to feel the urge to urinate and successfully void urine after undergoing two bladder training procedures over the course of 3 days. This study is expected to serve as additional information and input for implementing bladder training interventions.

Keywords : Benign Prostatic Hyperplasia (BPH), Acute Pain, Urinary Retention, Bladder Training. Nursing Care of KMB, Post TURP

Reference : 8 Books (2017-2021), 3 Internet sources, 18 journals (2020-2025)