ASUHAN KEPERWATAN PADA PASIEN DENGUE HEMORRHAGIC FEVER DENGAN MASALAH KEPERAWATAN NYERI AKUT DI RUANG ANYELIR RSUD MAJALAYA

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ABSTRAK

Latar Belakang: Dengue *Hemorrhagic Fever* merupakan penyakit infeksi akibat virus dengue yang ditularkan melalui gigitan nyamuk *Aedes aegypti* dan masih menjadi masalah kesehatan karena dapat menimbulkan demam, nyeri abdomen, mual, penurunan nafsu makan, hingga komplikasi apabila tidak ditangani dengan tepat. Pasien DHF yang dirawat di Ruang Anyelir RSUD Majalaya umumnya mengalami gangguan kenyamanan berupa nyeri abdomen selama masa perawatan. **Tujuan:** Penelitian ini bertujuan menggambarkan asuhan keperawatan pada pasien DHF dengan nyeri akut. **Metode:** Penelitian menggunakan pendekatan deskriptif dengan pendekatan studi kasus pada dua pasien DHF di Ruang Anyelir RSUD Majalaya. Data diperoleh melalui pengkajian, observasi, pemeriksaan fisik, dokumentasi rekam medis, dan evaluasi keperawatan selama 3×24 jam. **Hasil:** Kedua pasien mengeluhkan nyeri abdomen kiri dengan skala nyeri 6 disertai mual tanpa muntah, penurunan nafsu makan, dan intake makanan menurun. Pasien 1 masih mengalami demam dengan suhu 38°C, sedangkan pasien 2 tidak mengalami demam. Diagnosa keperawatan pada kedua pasien adalah nyeri akut dan risiko defisit nutrisi, sedangkan pasien 1 tambahan diagnosa keperawatan: hipertermi. Intervensi keperawatan dilakukan melalui pemantauan tanda vital, teknik relaksasi Benson, pemenuhan cairan dan nutrisi, edukasi kesehatan, serta kolaborasi terapi medis. Setelah 3 hari perawatan, skala nyeri menurun dari 6 menjadi 4, mual berkurang, nafsu makan meningkat, dan suhu tubuh pasien 1 kembali normal. **Kesimpulan:** Asuhan keperawatan secara komprehensif membantu menurunkan keluhan, meningkatkan kenyamanan, dan mendukung pemulihan pasien DHF. **Saran:** Perawat diharapkan dapat memberikan alternatif penanganan nyeri dengan kombinasi terapi relaksasi benson.

Kata Kunci: Asuhan_Keperawatan, DHF, Nyeri_Akut

NURSING CARE FOR PATIENTS WITH DENGUE HEMORRHAGIC FEVER EXPERIENCING ACUTE PAIN NURSING PROBLEMS IN THE ANYELIR WARD OF RSUD MAJALAYA

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ABSTRACT

Background: *Dengue Hemorrhagic Fever is an infectious disease caused by the dengue virus and transmitted through the bite of Aedes aegypti mosquitoes. It remains a health problem because it may cause fever, abdominal pain, nausea, decreased appetite, and complications if not managed properly. DHF patients treated in the Anyelir Ward of RSUD Majalaya commonly experience discomfort in the form of abdominal pain during hospitalization.* ***Objective:*** *This study aimed to describe nursing care for DHF patients experiencing acute pain.* ***Methods:*** *This study employed a descriptive approach with a case study design involving two DHF patients in the Anyelir Ward of RSUD Majalaya. Data were obtained through nursing assessment, observation, physical examination, medical record documentation, and nursing evaluation during 3×24 hours of care.* ***Results:*** *Both patients complained of left abdominal pain with a pain scale of 6, accompanied by nausea without vomiting, decreased appetite, and reduced food intake. Patient 1 still experienced fever with a body temperature of 38°C, while Patient 2 did not experience fever. Nursing diagnoses in both patients included acute pain and risk of nutritional deficit, while Patient 1 had an additional nursing diagnosis of hyperthermia. Nursing interventions included monitoring vital signs, Benson relaxation techniques, fluid and nutritional management, health education, and collaboration in medical therapy. After three days of care, pain intensity decreased from 6 to 4, nausea was reduced, appetite improved, and Patient 1's body temperature returned to normal.* ***Conclusion:*** *Comprehensive nursing care helped reduce symptoms, improve comfort, and support the recovery of DHF patients.* ***Suggestion:*** *Nurses are expected to provide alternative pain management with a combination of Benson relaxation therapy.*

Keywords: *Nursing_Care, DHF, Acute_Pain*