

ANALISIS ASUHAN KEPERAWATAN PADA NY.R DENGAN GANGGUAN SISTEM KARDIOVASKULER : POST *PERCUTANEOUS CORONARY INTERVENTION* (PCI) DAN *CORONARY ARTERY DISEASE* (CAD) *TRIPLE-VESSEL DISEASE* (3VD) SERTA MASALAH KEPERAWATAN NYERI AKUT DENGAN INTERVENSI *EMOTIONAL FREEDOM TECHNIQUE* (EFT) DI RUANGAN CICU RSUD AL-IHSAN BANDUNG

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ABSTRAK

Coronary Artery Disease (CAD) merupakan suatu gangguan fungsi jantung yang disebabkan karena otot miokard kekurangan suplai darah akibat adanya penyempitan arteri koroner dan tersumbatnya pembuluh darah jantung. Penyempitan arteri koroner dapat menyebabkan nyeri dada pada pasien jantung dengan memutus suplai oksigen dan nutrisi tubuh mereka. Salah satu terapi yang dapat dilakukan untuk menangani keluhan nyeri ada pasien dengan CAD yaitu dengan *Emotional Freedom Technique* (EFT). Tujuan penulisan karya tulis ilmiah ini adalah untuk menganalisis Asuhan Keperawatan pada Ny.R dengan Gangguan Sistem Kardiovaskuler Post *Percutaneous Coronary Intervention* (PCI) dan *Coronary Artery Disease* (CAD) *Triple-Vessel Disease* (3VD) serta Masalah Keperawatan Nyeri Akut dengan Intervensi *Emotional Freedom Technique* (EFT) di Ruang ICU RSUD Al-Ihsan Bandung. Metode analisis intervensi inovasi berupa EFT pada pasien Ny.R untuk menurunkan nyeri, dengan menggunakan rancangan pre-post test berupa skala nyeri sebelum dan setelah intervensi. Terapi EFT diberikan sebanyak 2 kali selama 2 hari, durasi pemberian yaitu selama 30 menit. Hasil penerapan intervensi menunjukan setelah dilakukan intervensi, skala nyeri berkurang dari 5 (1-10) menjadi 2 (1-10). Terapi EFT terbukti dapat menurunkan skala nyeri pada Ny.R dengan gangguan sistem kardiovaskuler Post PCI dan CAD serta masalah keperawatan nyeri akut. Implikasi dari hasil diharapkan intervensi ini dapat diterapkan oleh perawat sebagai salah satu intervensi untuk mengatasi nyeri dada pada pasien Post PCI.

Kata Kunci : Coronary Artery Disease, *Emotional Freedom Technique*,
Nyeri Dada, Post PCI

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**ANALYSIS OF NURSING CARE FOR MRS. R WITH CARDIOVASCULAR
SYSTEM DISORDERS: POST-PERCUTANEOUS CORONARY
INTERVENTION (PCI) AND CORONARY ARTERY DISEASE (CAD)
TRIPLE-VESSEL DISEASE (3VD), ALONG WITH ACUTE PAIN NURSING
PROBLEMS AND EMOTIONAL FREEDOM TECHNIQUE (EFT)
INTERVENTION IN THE CICU ROOM OF AL-IHSAN WEST JAVA
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ABSTRACT

Coronary Artery Disease (CAD) is a heart function disorder caused by the myocardial muscle lacking blood supply due to the narrowing of the coronary arteries and blockage of the heart's blood vessels. The narrowing of the coronary arteries can cause chest pain in heart patients by cutting off the supply of oxygen and nutrients to their bodies. One therapy that can be used to manage pain complaints in patients with CAD is Emotional Freedom Technique (EFT). The purpose of writing this scientific paper is to analyze Nursing Care for Mrs. R with Cardiovascular System Disorders Post Percutaneous Coronary Intervention (PCI) and Coronary Artery Disease (CAD) Triple-Vessel Disease (3VD), as well as the Nursing Problem of Acute Pain with Emotional Freedom Technique (EFT) Intervention in the CICU Room of Al-Ihsan Hospital Bandung. The method of analysis for the innovative intervention in the form of EFT for Mrs. R aimed at reducing pain, using a pre-post test design with a pain scale before and after the intervention. EFT therapy was given twice over 2 days, with a duration of 30 minutes per session. The results of the intervention showed that after the intervention, the pain scale decreased from 5 (1-10) to 2 (1-10). EFT therapy has been proven to reduce the pain scale in Mrs. R with cardiovascular system disorders Post PCI and CAD, as well as the nursing problem of acute pain. The implication of these results is that this intervention can be implemented by nurses as one of the interventions to address chest pain in Post PCI patients.

Keywords : Chest Pain, Coronary Artery Disease, Emotional
Freedom Technique, Post-PCI

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