

ABSTRAK

ANALISA ASUHAN KEPERAWATAN NYERI POST OPERASI CRANIOTOMY PADA AN. D DENGAN DIAGNOSA *MODERATE HEAD INJURY* (MHI) DI RUANG PICU RSUD KOTA BANDUNG

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Terdapat 1,35 juta jiwa mengalami kematian akibat kecelakaan lalu lintas dan kini menjadi pembunuh utama orang berusia 5-29 tahun. Di Indonesia berdasarkan data dari Korlantas Polri tercatat sebanyak 103.672 kasus angka kecelakaan lalu lintas dan 27.910 korban tewas akibat kecelakaan lalu lintas mengalami cedera kepala. Cedera kepala (*head injury*) yang secara langsung maupun tidak langsung mengenai kepala akan mengakibatkan luka pada kulit kepala, tengkorak dan otak. Cedera kepala (*head injury*) dapat menimbulkan berbagai kondisi, dari gegar otak ringan, koma, sampai kematian; kondisi paling serius disebut dengan istilah cedera otak traumatik (*traumatik brain injury*).

Metode penelitian ini menggunakan studi kasus dengan melakukan intervensi inovasi *touch therapy and leg massage* terhadap tingkat nyeri pada An.D dengan diagnosa *Moderate Head Injury* yang dilakukan dua kali. Hasil setelah dilakukan *touch therapy and leg massage* pertama terdapat perbedaan pretest skala nyeri *faces scale* 6 (0-10) dan *post test* 5 (0-10) sedangkan hari kedua skala nyeri *pre test faces scale* 5 (0-10) dan *post test face scale* 4 (0-10). Kesimpulan *touch therapy and leg massage* karena setelah relaksasi otot, produksi endorfin meningkat, yang meningkatkan kualitas tidur, meredakan nyeri. Rekomendasi intervensi inovasi *touch therapy and foot massage* dapat menurunkan tingkat nyeri pada pasien yang sedang di rawat di *Pediatric Insentiv Care Unit* (PICU).

Kata Kunci: Cedera Kepala, Kraniotomi, Nyeri, *Leg Massage and Touch Therapy*

ABSTRACT

ANALYSIS OF POST CRANIOTOMY OPERATING PAIN NURSING CARE IN AN. D WITH DIAGNOSIS MODERATE HEAD INJURY (MHI) IN THE PICU ROOM OF BANDUNG CITY HOSPITAL

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There are 1.35 million people who die from traffic accidents and are now the main killer of people aged 5-29 years. In Indonesia, based on data from the Korlantas Polri, there were 103,672 cases of traffic accidents and 27,910 victims who died as a result of traffic accidents suffered head injuries. Head injury(head injury) directly or indirectly hitting the head will result in injuries to the scalp, skull and brain. Head injury(head injury) can cause various conditions, from mild concussion, coma, to death; The most serious condition is known as traumatic brain injury (traumatic brain injury).

This research method uses case studies with innovative interventionstouch therapy and leg massage on the level of pain in An.D with a diagnosisModerate Head Injury which was done twice. The results after the first touch therapy and leg massage showed differences in the pretest pain scalefaces scale 6 (0-10) andpost test 5 (0-10) while the second day the pain scalepre test faces scale 5 (0-10) andpost test face scale 4 (0-10). Conclusiontouch therapy and leg massage because after muscle relaxation, the production of endorphins increases, which improves sleep, relieves pain. Innovative intervention recommendations for touch therapy and foot massage can reduce pain levels in patients who are being treated at the hospitalPediatric Incentive Care Unit (PICU).

Keywords: Head Injury, Craniotomy, Pain, Leg Massage and Touch Therapy