

ABSTRAK

ANALISIS ASUHAN KEPERAWATAN PADA NY. N DENGAN DIAGNOSA KOLESTEROL MENGGUNAKAN INTERVENSI TERAPI JUS TOMAT PADA MASALAH KEPERAWATAN NYERI AKUT DAN KADAR KOLESTEROL TINGGI DI RT 05 RW 10 WILAYAH KERJA PUSKESMAS RIUNG BANDUNG

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Berdasarkan data yang di rilis oleh World Health Organization (WHO), memperlihatkan angka prevalensi penyakit yang diakibatkan karena tingginya kadar kolesterol di dalam tubuh terus meningkat. Kadar kolesterol dalam darah yang berlebih (hiperkolesterolemia) dapat membahayakan tubuh seperti peningkatan risiko penyakit jantung koroner, stroke, hipertensi, dan obesitas. Pencegahan hiperkolesterol dengan mengkonsumsi terapi non farmakologi yaitu dengan meminum jus tomat. Tomat merupakan salah satu buah yang kandungan likopen tinggi. Likopen yang mengantioksidan profil lipid yang dapat mempengaruhi kadar kolesterol tinggi. Studi kasus ini dilakukan untuk suatu masalah asuhan keparawatan pada pasien dengan masalah nyeri akut dan intervensi terapi jus tomat. Pelaksanaan terapi dilakukan selama 3 hari dengan melakukan intervensi keperawatan berupa pemberian metode terapi jus tomat. Masalah keperawatan nyeri akut pada Ny.N berkurang dari skala 4 menjadi skala 3 dan kadar kolesterol menurun. Setelah dilakukan asuhan keperawatan dengan melakukan intervensi keperawatan berupa terapi jus tomat, masalah keperawatan nyeri akut dapat teratasi. Diharapkan karya ilmiah ini dapat dijadikan masukan bagi perawat dalam memberikan intervensi pada pasien kolesterol untuk mengurangi nyeri.

Kata Kunci : Nyeri Akut, Kolesterol, Jus Tomat

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ABSTRACT

ANALYSIS OF NURSING CARE IN NY. N WITH CHOLESTEROL DIAGNOSIS USING TOMATO JUICE THERAPY INTERVENTION ON NURSING PROBLEMS OF ACUTE PAIN AND HIGH CHOLESTEROL LEVELS IN RT 05 RW 10 WORKING AREA OF RIUNG BANDUNG PUSKESMAS

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Based on data released by the World Health Organization (WHO), it shows that the prevalence of diseases caused by high cholesterol levels in the body continues to increase. Excessive levels of cholesterol in the blood (hypercholesterolemia) can harm the body, such as increasing the risk of coronary heart disease, stroke, hypertension and obesity. Prevention of hypercholesterolemia by consuming non-pharmacological therapy, namely by drinking tomato juice. Tomatoes are a fruit that contains high lycopene. Lycopene is an antioxidant in the lipid profile which can affect high cholesterol levels. The core case study was carried out for a nursing care problem in patients with acute pain problems and tomato juice therapy intervention. The therapy was carried out for 3 days by carrying out nursing intervention in the form of administering the tomato juice therapy method. Mrs. N's acute pain nursing problem was reduced from scale 4 to scale 3 and cholesterol levels decreased. After providing nursing care by carrying out nursing intervention in the form of tomato juice therapy, the problem of acute pain nursing can be resolved. It is hoped that this scientific work can be used as input for nurses in providing interventions for cholesterol patients to reduce pain.

Keywords: Acute Pain, Cholesterol, Tomato Juice

References: 3 Books (2016-2017)

15 Journals (2016 - 2020)