# ASUHAN KEPERAWATAN PADA PASIEN POST OPERASI *LAPARATOMI EKSPLORASI* ATAS INDIKASI *APENDISITIS PERFORASI* DENGAN NYERI AKUT DI RUANG ALAMANDA BEDAH RSUD MAJALAYA

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## ABSTRAK

**Latar Belakang:** Apendisitis perforasi merupakan komplikasi serius yang memerlukan tindakan laparatomi eksplorasi dan sering menimbulkan nyeri akut pasca operasi. Nyeri yang tidak ditangani dapat menghambat proses pemulihan pasien. Berdasarkan data di Ruang Alamanda Bedah RSUD Majalaya, dalam kurun waktu satu tahun terakhir terdapat pasien yang menjalani perawatan akibat apendisitis perforasi, dan sebagian besar merasakan keluhan utamanya adalah nyeri. **Tujuan:** Penelitian ini bertujuan menggambarkan asuhan keperawatan pada pasien post operasi laparatomi eksplorasi atas indikasi apendisitis perforasi dengan nyeri akut di Ruang Alamanda Bedah RSUD Majalaya Tahun 2025. **Metode:** Penelitian menggunakan desain deskriptif dengan pendekatan studi kasus pada dua pasien post operasi laparatomi eksplorasi akibat apendisitis perforasi. Nyeri akut pada pasien post operasi terjadi akibat trauma jaringan dan inflamasi pasca pembedahan. Teknik relaksasi napas dalam dan genggam jari membantu menurunkan ketegangan otot, meningkatkan relaksasi, serta mengurangi persepsi nyeri pasien. **Kesimpulan:** Setelah dilakukan asuhan keperawatan selama 3 x 24 jam, kedua pasien mengalami penurunan intensitas nyeri, tampak lebih rileks, dan mampu beristirahat dengan lebih nyaman. Kesimpulan: Asuhan keperawatan yang komprehensif disertai teknik relaksasi napas dalam dan genggam jari efektif membantu menurunkan nyeri akut pada pasien post operasi laparatomi eksplorasi akibat apendisitis perforasi.

**Kata Kunci:** Apendisitis Perforasi, Asuhan Keperawatan, Laparatomi Eksplorasi, Nyeri Akut

# *NURSING CARE FOR A POST-EXPLORATORY LAPAROTOMY PATIENT WITH PERFORATED APPENDICITIS INDICATION AND ACUTE PAIN IN THE ALAMANDA SURGICAL WARD AT RSUD MAJALAYA*

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## *ABSTRACT*

***Background:*** *Perforated appendicitis is a serious complication that requires exploratory laparotomy and often causes acute postoperative pain. Unmanaged pain may hinder the patient's recovery process. Pain that is not properly managed can hinder the patient's recovery process. Based on data from the Alamanda Surgical Ward at RSUD Majalaya, during the past year there were patients who underwent treatment due to perforated appendicitis, and most of them reported pain as their primary complaint.* ***Objective:*** *This study aimed to describe nursing care for post-exploratory laparotomy patients with perforated appendicitis and acute pain in the Alamanda Surgical Ward at RSUD Majalaya in 2025.* ***Methods:*** *This study used a descriptive design with a case study approach involving two post-exploratory laparotomy patients due to perforated appendicitis. Acute pain in postoperative patients occurs due to tissue trauma and inflammation following surgery. Deep breathing relaxation and finger-holding techniques help reduce muscle tension, promote relaxation, and decrease patients' pain perception.* ***Results:*** *After 3 × 24 hours of nursing care, both patients experienced a reduction in pain intensity, appeared more relaxed, and were able to rest more comfortably.* ***Conclusion:*** *Comprehensive nursing care accompanied by deep breathing relaxation and finger-holding techniques was effective in reducing acute pain in post-exploratory laparotomy patients with perforated appendicitis.*

***Keywords:*** *Acute Pain, Deep Breathing Relaxation, Exploratory Laparotomy, Nursing Care, Perforated Appendicitis*