

ABSTRAK

ASUHAN KEPERAWATAN POST OPERASI FRAKTUR FEMUR DENGAN NYERI AKUT MELALUI TERAPI MUROTTAL AL-QURAN DAN RELAKSASI NAFAS DALAM DI RSPAL dr. RAMELAN SURABAYA

Mochammad Wildanil Ulya, Minarti, Nikmatul Fadilah

Prodi Pendidikan Profesi Ners Program Profesi, Poltekkes Kemenkes Surabaya

wildanilulya@gmail.com

Nyeri akut merupakan keluhan umum yang sering terjadi pasca operasi termasuk Post Operasi Fraktur Femur. Kondisi ini diakibatkan oleh kerusakan jaringan dan perubahan patofisiologi penyakit. Penggunaan analgesik memang efektif untuk menangani, namun berisiko menimbulkan efek samping. Pendekatan non-farmakologis melalui terapi murottal Al-qur'an surah ar-rahman ayat 1-78 dan relaksasi nafas dalam menjadi alternatif yang potensial dan aman untuk mengurangi skala nyeri. Tujuan penelitian ini untuk menggambarkan asuhan keperawatan pada pasien yang mengalami Post Operasi Fraktur Femur dengan masalah nyeri akut menggunakan terapi murottal Al-quran dan terapi relaksasi nafas dalam.

Penelitian ini menggunakan desain deskriptif dengan pendekatan studi kasus asuhan keperawatan pada dua pasien post operasi fraktur femur yang dirawat di Ruang Cempah 1 RSPAL dr. Ramelan Surabaya. Intervensi terapi murottal Al-quran dan relaksasi nafas dalam dilakukan tiap kedua pasien merasakan nyeri selama 3 hari. Evaluasi keluhan nyeri akut menggunakan skala *Numeric Rating Scale* (NRS) sebelum dan sesudah intervensi. Analisis secara deskriptif.

Setelah pemberian terapi murottal Al-qur'an dan relaksasi nafas dalam menunjukkan penurunan skala nyeri dengan perbedaan selisih 1 skala nyeri. Terapi murottal Al-Qur'an memberikan efek menenangkan secara spiritual dan fisiologis dengan menurunkan aktivitas saraf simpatis, sedangkan relaksasi nafas dalam membantu meningkatkan oksigenasi jaringan dan menstimulasi pelepasan endorfin alami. Kombinasi kedua terapi ini terbukti efektif dan dapat menjadi intervensi komplementer yang dapat diterapkan dalam praktik keperawatan untuk mengurangi nyeri pasca operasi.

Kata Kunci : Fraktur femur, nyeri akut, terapi murottal, relaksasi nafas dalam.

ABSTRACT

POSTOPERATIVE NURSING CARE FOR FEMUR FRACTURES WITH ACUTE PAIN THROUGH QURAN RECITATION AND DEEP BREATHING RELAXATION THERAPY AT dr. RAMELAN MILITARY HOSPITAL SURABAYA

Mochammad Wildanil Ulya, Minarti, Nikmatul Fadilah

Nursing Professional Education Study Program, Health Polytechnic Ministry Of
Health Surabaya

wildanilulya@gmail.com

Acute pain is a common complaint that often occurs after surgery, including post-femoral fracture surgery. This condition is caused by tissue damage and pathophysiological changes in the disease. The use of analgesics is indeed effective in treating it, but carries the risk of side effects. A non-pharmacological approach through murottal therapy of the Al-Qur'an, Surah Ar-Rahman verses 1-78 and deep breathing relaxation are potential and safe alternatives to reduce pain levels. The purpose of this study is to describe nursing care for patients experiencing post-femoral fracture surgery with acute pain problems using murottal therapy of the Al-Qur'an and deep breathing relaxation therapy.

This study used a descriptive design with a case study approach to nursing care for two post-femur fracture surgery patients treated in the Cempah 1 RSPAL dr. Ramelan Surabaya. Al-Quran recitation and deep breathing relaxation therapy interventions were performed every time the two patients experienced pain for three days. Evaluation of acute pain complaints used the Numeric Rating Scale (NRS) before and after the intervention. Descriptive analysis was conducted.

After giving Al-Quran murottal therapy and deep breathing relaxation, there was a decrease in the pain scale with a difference of 1 on the pain scale. Quranic recitation therapy provides a spiritual and physiologically calming effect by reducing sympathetic nervous system activity, while deep breathing relaxation helps increase tissue oxygenation and stimulates the release of natural endorphins. The combination of these two therapies has proven effective and can be a complementary intervention that can be applied in nursing practice to reduce post-operative pain.

Keywords: Femoral fracture, acute pain, murottal therapy, deep breathing relaxation.