

ABSTRAK

Asuhan Keperawatan Nyeri Akut Pada Pasien Post Operasi Fraktur Femur Dengan Pemberian Terapi Relaksasi Otot Progresif Di Ruang Shofa 4 RSUD Haji Surabaya

Sindy Puspita

sindypuspita1307@gmail.com

Dosen Pembimbing : Nikmatul Fadilah¹, Minarti²

Nyeri akut merupakan persoalan utama keperawatan yang sering dialami pasien pascaoperasi fraktur femur. Manajemen nyeri nonfarmakologis, seperti relaksasi otot progresif, menjadi salah satu intervensi yang bisa mendukung ketenangan dan percepatan pemulihan pasien. Penelitian ini bermaksud untuk memahami asuhan keperawatan pada pasien post operasi fraktur femur dengan masalah nyeri akut melalui pemberian terapi relaksasi otot progresif.

Penelitian ini memakai metode studi kasus dengan metode proses asuhan keperawatan yang terdiri pengkajian, diagnosis, perencanaan, implementasi, dan evaluasi. Subjek terdiri dari dua pasien post operasi ORIF (*Open Reduction Internal Fixation*) fraktur femur di Ruang Shofa 4 RSUD Haji Surabaya dengan masalah nyeri akut. Intervensi relaksasi otot progresif diberikan selama 30 menit, satu kali sehari, selama periode tiga hingga lima hari. Data dikumpulkan melalui wawancara dan observasi menggunakan format asuhan keperawatan dan alat ukur nyeri *Visual Analogue Scale* (VAS). Hasil analisis menunjukkan adanya penurunan intensitas nyeri pada kedua pasien setelah diberikan intervensi. Pengukuran skala nyeri menunjukkan adanya perbedaan bermakna sebelum dan sesudah intervensi.

Pasien 1 menjalani pengurangan nyeri dari skala 6 ke 3 pada hari ketiga, namun pasien 2 menunjukkan pengurangan dari skala 7 ke 3 pada hari kelima. Selain penurunan nyeri, pasien juga melaporkan peningkatan kenyamanan dan kualitas tidur. Penerapan terapi relaksasi otot progresif selama 30 menit per hari terbukti efektif pada penurunan tingkat nyeri untuk pasien post operasi fraktur femur. Terapi ini bisa dijadikan salah satu intervensi nonfarmakologis yang sederhana, aman, dan bermanfaat untuk menambah kenyamanan dan mempercepat pemulihan pasien.

Kata kunci : Fraktur femur, nyeri akut, relaksasi otot progresif.

ABSTRACT

Nursing care for acute pain in post-operative femur fracture patients through progressive muscle relaxation therapy in Shofa 4 Ward of Haji General Hospital Surabaya

Sindy Puspita
sindypuspita1307@gmail.com

Dosen Pembimbing : Nikmatul Fadilah¹, Minarti²

Acute pain is a primary nursing problem frequently experienced by patients after femoral fracture surgery. Non-pharmacological pain management, such as progressive muscle relaxation, serves as an intervention that can support patient comfort and accelerate recovery. This study aims to explore nursing care for patients with post-operative femur fractures experiencing acute pain through the application of progressive muscle relaxation therapy.

This research employed a case study method using a nursing care approach, including assessment, diagnosis, planning, implementation, and evaluation. The subjects were two patients who had undergone ORIF surgery for femur fractures in Shofa 4 Ward at Haji General Hospital Surabaya, both experiencing acute pain. PMR therapy was administered for 30 minutes once daily over a period of three to five days. Data were collected through interviews and direct observation using a medical-surgical nursing care format and pain scale measurement with the Visual Analogue Scale (VAS). The analysis revealed a reduction in pain intensity in both patients following the intervention. Pain scale assessments demonstrated a statistically significant difference between pre- and post-intervention measurements.

Patient 1 experienced a decrease in pain from scale 6 to 3 on the third day, while patient 2 showed a reduction from scale 7 to 3 on the fifth day. In addition to reduced pain, both patients reported improved comfort and sleep quality. The application of progressive muscle relaxation therapy for 30 minutes daily was proven effective in reducing pain levels in postoperative femoral fracture patients. This therapy can be considered a simple, safe, and beneficial non-pharmacological intervention to improve comfort and support patient recovery.

Keywords: femoral fracture, acute pain, progressive muscle relaxation