

ABSTRAK

ASUHAN KEPERAWATAN NYERI AKUT PADA KLIEN POST MASTEKTOMI DENGAN METODE TERAPI RELAKSASI BENSON DAN PERAWATAN LUKA DI RSPAL dr. RAMELAN SURABAYA

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Latar Belakang : Kanker payudara dapat menyebar melalui pembuluh darah dan limfatik, yang menandakan terjadinya metastasis. Salah satu tindakan penanganannya adalah operasi mastektomi, yang sering menimbulkan masalah keperawatan berupa nyeri akut. Terapi relaksasi Benson dan perawatan luka diketahui dapat membantu mengurangi nyeri post operasi.

Metode : Desain studi kasus ini peneliti menggunakan pendekatan proses asuhan keperawatan, yang mencakup pengkajian, diagnosis, perencanaan, pelaksanaan, dan evaluasi. Dua klien kami mengalami nyeri akut setelah mastektomi. Data diperoleh melalui wawancara, pemeriksaan fisik, dan pemeriksaan penunjang. Instrumen yang digunakan mengacu pada format asuhan keperawatan dari Prodi Profesi Ners Poltekkes Kemenkes Surabaya serta SOP terapi relaksasi *benson* dan perawatan luka.

Hasil : Hasil pengkajian yang dilakukan pada kedua klien ditemukan masalah keperawatan yang sama yaitu nyeri akut. Skala nyeri awal pada klien 1 adalah 6, sedangkan pada klien 2 adalah 4 dengan alat ukur VAS. Setelah diberikan terapi relaksasi Benson selama 2×15 menit dan perawatan luka 1×sehari, terjadi penurunan skala nyeri pada kedua klien.

Kesimpulan : Studi ini menemukan bahwa terapi relaksasi benson dan perawatan luka menurunkan nyeri pasien yang telah menjalani mastektomi. Kolaborasi antar tenaga kesehatan dan asuhan keperawatan yang tepat sangat menentukan keberhasilan terapi pasien.

Kata Kunci : Asuhan Keperawatan, Ca Mammae, Post Operasi Mastektomi, Terapi Relaksasi *Benson*, Perawatan Luka.

ABSTRACT

NURSING CARE FOR ACUTE PAIN IN POST-MASTECTOMY PATIENTS THROUGH BENSON RELAXATION THERAPY AND WOUND MANAGEMENT AT dr. RAMELAN NAVAL CENTRAL HOSPITAL SURABAYA

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Background : Breast cancer can spread through blood vessels and lymphatics, indicating metastasis. Mastectomy is one of the therapeutic alternatives, and it frequently results in acute pain and other nursing issues. Benson relaxation therapy and wound care are known to help reduce postoperative pain.

Method : The nursing care process strategy, which includes assessment, diagnosis, planning, implementation, and evaluation, was applied in this case study design. The subjects consisted of two clients experiencing acute pain after mastectomy. Data were collected through interviews, physical examinations, and supporting investigations. The instruments used referred to the nursing care format from the Professional Nurse Program at Poltekkes Kemenkes Surabaya and the Standard Operating Procedures (SOP) for Benson relaxation therapy and wound care.

Results : The assessment conducted on both patients revealed the same nursing problem, namely acute pain. The initial pain score for Patient 1 was 6, and for Patient 2 was 4, as measured using the Visual Analogue Scale (VAS). After administering Benson relaxation therapy for 2 sessions of 15 minutes each and providing wound care once daily, a reduction in pain scores was observed in both patients.

Conclusion : According to the study's findings, post-mastectomy patients' pain can be effectively reduced by using Benson relaxation treatment and wound care. Collaboration among healthcare professionals and appropriate nursing care play a crucial role in the success of patient therapy.

Keywords: Nursing Care, Breast Cancer (Ca Mammariae), Post-Mastectomy, Benson Relaxation Therapy, Wound Care.