

ABSTRAK

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ASUHAN KEPERAWATAN NYERI AKUT DENGAN INTERVENSI
KEPERAWATAN KOMPLEMENTER SPIRITUAL EMOTIONAL FREEDOM
TECHNIQUE (SEFT) PADA PASIEN POST OP CLOSE FRAKTUR FEMUR DI
RSPAL DR. RAMELAN SURABAYA

xvi + 140 Halaman + 12 Tabel + 13 Lampiran

Close fraktur femur merupakan cedera muskuloskeletal yang sering memerlukan tindakan pembedahan dan menimbulkan nyeri akut pada periode pascaoperasi. Nyeri yang tidak terkontrol dapat menghambat mobilisasi, memperlambat proses penyembuhan, serta menurunkan kualitas hidup pasien. Salah satu intervensi nonfarmakologis yang dapat digunakan untuk mengurangi nyeri adalah Spiritual Emotional Freedom Technique (SEFT). Karya Ilmiah Akhir Ners ini bertujuan menganalisis penerapan asuhan keperawatan nyeri akut dengan intervensi SEFT pada pasien post operasi close fraktur femur. Metode yang digunakan adalah studi kasus dengan pendekatan proses keperawatan meliputi pengkajian, diagnosis keperawatan, perencanaan, implementasi, dan evaluasi. Diagnosis keperawatan utama yang ditegakkan adalah nyeri akut berhubungan dengan agen pencedera fisik akibat prosedur operasi. Intervensi yang diberikan meliputi manajemen nyeri, edukasi, pemantauan tanda vital, kolaborasi pemberian analgesik, serta terapi SEFT sebagai terapi komplementer. Hasil evaluasi menunjukkan adanya penurunan intensitas nyeri, berkurangnya respons protektif terhadap nyeri, meningkatnya kenyamanan pasien, serta perbaikan kemampuan beristirahat. Terapi SEFT membantu pasien mencapai relaksasi, mengurangi kecemasan, dan meningkatkan kontrol terhadap nyeri yang dirasakan. Dengan demikian, SEFT dapat digunakan sebagai intervensi keperawatan komplementer yang efektif dalam membantu menurunkan nyeri akut pada pasien post operasi close fraktur femur serta mendukung proses pemulihan pasien secara holistik.

Kata Kunci : Nyeri akut, Close Fraktur Femur, Post Operasi, Asuhan Keperawatan, Spiritual Emotional Freedom Technique (SEFT).

Daftar bacaan : 13 Jurnal, 6 Buku (2020 – 2025)

ABSTRACT

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NURSING CARE FOR ACUTE PAIN USING THE COMPLEMENTARY NURSING INTERVENTION OF SPIRITUAL EMOTIONAL FREEDOM TECHNIQUE (SEFT) IN A POSTOPERATIVE CLOSED FEMORAL FRACTURE PATIENT AT RSPAL DR. RAMELAN SURABAYA

xvi + 140 Pages + 12 Tables + 13 Appendices

A closed femoral fracture is a musculoskeletal injury that often requires surgical intervention and can cause acute pain during the postoperative period. Uncontrolled pain may hinder mobilization, delay the healing process, and reduce the patient's quality of life. One of the non-pharmacological interventions that can be used to reduce pain is the Spiritual Emotional Freedom Technique (SEFT). This Final Nursing Scientific Project aimed to analyze the implementation of nursing care for acute pain using the SEFT intervention in a patient following surgery for a closed femoral fracture. The method used was a case study approach based on the nursing process, including assessment, nursing diagnosis, planning, implementation, and evaluation. The primary nursing diagnosis established was acute pain related to physical injury agents resulting from the surgical procedure. The interventions provided included pain management, patient education, vital signs monitoring, collaboration in analgesic administration, and SEFT therapy as a complementary intervention. The evaluation results showed a decrease in pain intensity, reduced protective responses to pain, increased patient comfort, and improved ability to rest. SEFT therapy helped patients achieve relaxation, reduce anxiety, and enhance their control over perceived pain. Therefore, SEFT can be used as an effective complementary nursing intervention to help reduce acute pain in postoperative closed femoral fracture patients and support the patient's holistic recovery process.

Keywords: Acute Pain, Closed Femoral Fracture, Postoperative, Nursing Care, Spiritual Emotional Freedom Technique (SEFT).

References : 13 Journals, 6 Books (2020 – 2025)