

**Program Studi Profesi Ners  
STIKes MERCUBAKTIJAYA Padang  
Karya Ilmiah Ners (KIN), Oktober 2023**

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**Analisis Asuhan Keperawatan Pada Ny.N dengan Post Operasi Fraktur Femur 1/3 Proximal Sinistra Yang Diberikan *Evidence Based Practice* Terapi Relaksasi Genggam Jari Untuk Penurunan Intensitas Skala Nyeri Di Ruang Trauma Center Bedah RSUP Dr.M.Djamil Padang**

### **ABSTRAK**

Menurut data WHO (2019), angka kejadian fraktur meningkat dengan prevalensi 2,7% atau sekitar 13 juta orang. Fraktur didefinisikan sebagai patahan yang terjadi pada kontinuitas tulang. Fraktur dapat terjadi akibat peristiwa trauma, tekanan yang berulang dan kelemahan abnormal. Nyeri terjadi akibat luka yang mempengaruhi jaringan. Nyeri harus segera diatasi agar tidak membahayakan penyembuhan dan kematian. Pada saat pengkajian pre operasi klien mengeluh nyeri skala 5 dan nyeri saat kaki digerakkan. Prinsip penanganan nyeri pada fraktur dapat dilakukan secara pembedahan salah satu proses tindakan pembedahan adalah ORIF (*Open Reduction and Internal Fixation*). Hal tersebut dapat menimbulkan adanya keluhan nyeri, ini disebabkan oleh tindakan pembedahan yang menjadi stimulus timbulnya nyeri yang berlangsung berjam-jam sampai berhari-hari. Pada saat pengkajian post operasi klien mengeluh nyeri, nyeri seperti ditusuk-tusuk, nyeri dipaha sebelah kiri, bekas operasi, skala nyeri 6, nyeri hilang timbul dan nyeri bertambah saat kaki digerakkan. Salah satu penanganan nyeri post operasi secara non farmakologis salah satunya pemberian *Evidence Based Practice* terapi relaksasi genggam jari. Untuk menurunkan skala nyeri yang dirasakan post operasi fraktur. Teknik genggam jari berhubungan dengan jari tangan serta aliran energi di dalam tubuh. Rangsangan didapatkan akan mengalirkan gelombang menuju ke otak, kemudian dilanjutkan kesaraf pada organ tubuh yang mengalami gangguan, sumbatan di jalur energi menjadi lancar. Relaksasi genggam jari diberikan pada klien dengan skala nyeri 6 dan dilakukan 2 kali sehari selama 20 menit. Prosedur yang dilakukan untuk asuhan keperawatan dimulai dari pengkajian, menetapkan diagnosa keperawatan, membuat intervensi, melakukan implementasi dan evaluasi. Setelah dilakukan implementasi selama 4 hari, evaluasi asuhan keperawatan menunjukkan bahwa dengan memberikan relaksasi genggam jari, skala nyeri klien berkurang dari skala nyeri 6 sampai skala nyeri 3.

**Kata Kunci : nyeri, relaksasi genggam jari, post operasi fraktur**

**Daftar Bacaan : (2013-2023)**

**MERCUBAKTIJAYA STICKES Padang  
Ners Scientific Work (KIN), October 2023**

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**Analysis of Nursing Care for Mrs. N with Post Femur Fracture Surgery 1/3 Proximal Sinistra Given Evidence Based Practice Relaxation Therapy Finger Grips to Reduce the Intensity of the Pain Scale in the Trauma Room Dr. M. Djamil Hospital Padang Surgery Center**

### **ABSTRACT**

According to WHO data (2019), the incidence of fractures is increasing with a prevalence of 2.7% or around 13 million people. A fracture is defined as a break that occurs in the continuity of the bone. Fractures can occur as a result of trauma, repetitive stress and abnormal weakness. Pain occurs due to injuries that affect tissue. Pain must be treated immediately so as not to endanger healing and death. During the preoperative assessment, the client complained of pain on a scale of 5 and pain when moving the leg. The principle of pain management in fractures can be done surgically. One of the surgical procedures is ORIF (Open Reduction and Internal Fixation). This can cause complaints of pain, this is caused by surgical procedures which are a stimulus for pain that lasts for hours to days. During the post-operative assessment, the client complained of pain, pain like stabbing, pain in the left thigh, surgical scars, pain scale 6, the pain came and went and the pain increased when the leg was moved. One of the non-pharmacological treatments for post-operative pain is the provision of Evidence Based Practice finger-hold relaxation therapy. To reduce the scale of pain felt after fracture surgery. The finger grip technique is related to the fingers and the flow of energy in the body. The stimulation obtained will send waves to the brain, then continue to the nerves in the body organs that are experiencing problems, the blockage in the energy pathways becomes smooth. Finger grip relaxation is given to clients with a pain scale of 6 and is done twice a day for 20 minutes. The procedures carried out for nursing care start from assessment, determining nursing diagnoses, making interventions, implementing and evaluating. After implementation for 4 days, the evaluation of nursing care showed that by providing finger grip relaxation, the client's pain scale was reduced from a pain scale of 6 to a pain scale of 3.

**Keywords : pain, finger grip relaxation, post-operation fractures**

**Reading List : (2013-2023)**