

**Program Studi Profesi Ners
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“Analisis Asuhan Keperawatan Pada Nn.R dengan Fraktur Femur *Evidence Based Practice* Kompres Dingin (Es) untuk Mengurangi Nyeri di Ruang Imam Bonjol RST dr. Reksodiwiryo Padang.”

ix + 153 halaman + 24 tabel + 3 gambar + 8 lampiran

ABSTRAK

Menurut data WHO (2020), angka kejadian fraktur meningkat dengan prevelensi 2,7% atau sekitar 13 juta orang. Fraktur adalah kondisi tulang yang patah atau terputusnya sambungan akibat tekanan berat. Fraktur dapat menimbulkan masalah, seperti perubahan bagian tubuh yang cedera, sakit, tidak nyaman, dan nyeri. Nyeri terjadi dikarenakan luka yang mempengaruhi jaringan sehat. Nyeri harus segera diatasi agar tidak membahayakan penyembuhan dan kematian. Pada saat pengkajian pre operasi klien mengeluh nyeri, skala nyeri 5, dan nyeri saat kaki digerakkan. Penanganan fraktur dilakukan dengan tindakan mengembalikan posisi patahan ke posisi semula, salah satunya adalah tindakan ORIF (*Open Reduction Internal Fixation*) yang merupakan pemasangan internal fiksasi di lokasi fraktur. Tindakan ORIF menimbulkan nyeri akibat trauma jaringan. Nyeri tersebut bersifat akut yang berlangsung selama berjam-jam hingga berhari-hari. Pada saat pengkajian post operasi klien mengeluh nyeri pemasangan pen/ORIF, nyeri seperti ditusuk-tusuk, nyeri di paha/kaki kanan bekas operasi, skala nyeri 6, nyeri hilang timbul, dan nyeri saat kaki digerakkan. Untuk mengatasi masalah nyeri post operasi diberikan terapi nonfarmakologi salah satunya pemberian *Evidence Based Practice* kompres dingin. Kompres dingin digunakan untuk mengurangi atau meredakan nyeri dan untuk mencegah atau mengurangi edema dan inflamasi. Kompres dingin diberikan selama 4 hari berturut-turut sebanyak 1 kali sehari dalam waktu 15-20 menit dengan observasi 5 menit setelah pemberian. Hasil dari pemberian kompres dingin dilihat pada hari keempat pemberian terjadi penurunan yang signifikan pada skala nyeri klien dari skala nyeri 6 menjadi skala nyeri 2. Dari analisis didapatkan kompres dingin ini dapat menurunkan nyeri pada klien post operasi (ORIF) fraktur.

Kata Kunci : nyeri, post operasi (ORIF), fraktur, kompres dingin
Daftar Bacaan : (2008-2023)

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“Analysis of Nursing Care for Ms. R with Femur Fracture Evidence Based Practice Cold Compress (Ice) to Reduce Pain in the Imam Bonjol Room RST dr. Reksodiwiryo Padang.”

ix + 153 page + 24 table + 3 figures + 8 attachments

ABSTRACT

According to WHO data (2020), the incidence of fractures has increased with a prevalence of 2.7% or around 13 million people. A fracture is a condition of a bone that is broken or disconnected due to heavy pressure. Fractures can cause problems, such as changes in injured body parts, aches, discomfort, and pain. Pain occurs due to injuries that affect healthy tissue. Pain must be treated immediately so as not to jeopardize healing and death. During the preoperative assessment, the client complained of pain, pain scale 5, and pain when moving the leg. Treatment of fractures is carried out by returning the position of the fracture to its original position, one of which is the ORIF (Open Reduction Internal Fixation) procedure, which is the installation of internal fixation at the fracture site. The ORIF procedure causes pain due to tissue trauma. The pain is acute and lasts for hours to days. During the post-operative assessment, the client complained of pain from inserting the pin/ORIF, pain like being stabbed, pain in the right thigh/leg after surgery, pain scale 6, pain that came and went, and pain when moving the leg. To overcome the problem of postoperative pain, non-pharmacological therapy is given, one of which is by giving Evidence Based Practice cold compresses. Cold compresses are used to reduce or relieve pain and to prevent or reduce edema and inflammation. Cold compresses are given for 4 consecutive days once a day for 15-20 minutes with observation 5 minutes after administration. The results of giving cold compresses were seen on the fourth day of administration, there was a significant decrease in the client's pain scale from a pain scale of 6 to a pain scale of 2. From the analysis it was known that this cold compress could reduce pain in postoperative fracture clients (ORIF).

Keywords : *pain, post operative (ORIF), fraktur, cold compress*

Literature : *(2008-2023)*