

ABSTRAK

Latar Belakang : Menurut *World Health Organization* (2009) Tahun 2014 terjadinya kasus gastritis didunia dari beberapa negara termasuk Inggris 23%, Cina 33%, Jepang 14,7%, Kanada 37% dan Perancis 28,5%. Di dunia, frekuensi gastritis sekitar 1,732, dan 1 juta orang setiap tahun terus bertambah. Di dunia, frekuensi gastritis sekitar 1,732, dan 1 juta orang setiap tahun terus bertambah. Dengan menggunakan proses keperawatan dengan melihat faktor prediposisi gastritis dapat disebabkan oleh kurangnya pola hidup sehat antara lain: makan, konsumsi alkohol, kopi/kafein dan rokok. Pola makan yang tidak baik dan tidak teratur menjadi penyebab terjadinya gastritis, sehingga lambung menjadi sensitif bila asam lambung meningkat, kebiasaan merokok, konsumsi alkohol dan kafein dalam jumlah yang banyak, dapat merusak mukosa lambung.

Metode : penulis menggunakan metode pendekatan proses keperawatan yang meliputi; pengkajian keperawatan, diagnosis keperawatan, perencanaan keperawatan, penatalaksanaan keperawatan dan evaluasi keperawatan. Dengan teknik pengumpulan data melalui wawancara, observasi, studi dokumentasi dan studi pustaka.

Hasil : setelah dilakukan tindakan keperawatan 3x24 jam diperoleh pasien sudah tidak ada keluhan nyeri, skala nyeri 0, dan tidak ada tanda-tanda mal nutrisi, tidak mual saat makan.

Kesimpulan : tidak ada keluhan nyeri terbukti pasien tampak tenang, wajah rileks dan pasien mengatakan sudah tidak nyeri pada perut bagian atas.

Kata kunci : Gastritis, Pola hidup, Nyeri akut, Defisit nutrisi

Abstract

According to the World Health Organization (2009), in 2014 the occurrence of gastritis cases in the world from several countries including the UK 23%, China 33%, Japan 14.7%, Canada 37% and France 28.5%. In the world, the frequency of gastritis is around 1,732, and 1 million people each year continue to increase the occurrence of gastritis cases in the world from several countries including the UK 23%, China 33%, Japan 14.7%, Canada 37% and France 28.5%. In the world, the frequency of gastritis is about 1,732, and 1 million people every year continues to grow. By using the process of increasing by looking at the predisposing factors for gastritis, it can be caused by a lack of a healthy lifestyle, including: eating, consuming alcohol, coffee/caffeine and cigarettes. Poor and irregular eating patterns are the cause of gastritis, so that the stomach becomes sensitive when stomach acid increases, smoking habits, consumption of alcohol and caffeine in large quantities, can damage the gastric mucosa.

Methods: the author uses a nursing process approach that includes; nursing assessment, nursing diagnosis, nursing planning, nursing management and nursing evaluation. With data collection techniques through interviews, observations, documentation studies and literature studies.

Results: after 3x24 hours of nursing action, the patient had no complaints of pain, pain scale was 0, and there were no signs of malnutrition, no nausea while eating.

Conclusion: there are no complaints of pain, it is proven that the patient looks calm, his face is relaxed and says he is no longer in pain.

Keywords: Gastritis, Lifestyle, Acute pain, Nutritional deficit