

ABSTRAK

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Penkajian Dan Analisis Data Pada Pasien Dengan Kasus Chronic Kidney Disease (CKD) Di Ruang Bougenville Rsud Dr. H. Koesnadi Bondowoso

XIV + 64 Halaman + 11 Tabel + 4 Lampiran

Latar Belakang: Nyeri akut merupakan masalah keperawatan yang sering dijumpai pada pasien dengan penyakit ginjal kronik (Chronic Kidney Disease/CKD), terutama akibat penumpukan metabolit uremik, gangguan perfusi, dan proses inflamasi. Nyeri yang tidak tertangani dapat menurunkan kenyamanan dan kualitas hidup pasien secara signifikan. **Tujuan:** Penelitian ini bertujuan untuk mengevaluasi efektivitas intervensi Manajemen Nyeri (I.08238) terhadap penurunan nyeri akut pada pasien CKD selama tiga hari perawatan. **Metode:** Penelitian ini menggunakan pendekatan studi kasus pada tiga pasien CKD yang mengalami nyeri akut. Intervensi dilakukan selama tiga hari berturut-turut, dua kali sehari, meliputi pemberian kompres hangat, terapi musik, aromaterapi, teknik napas dalam, edukasi relaksasi, dan kolaborasi pemberian analgesik. **Hasil:** Evaluasi menunjukkan bahwa seluruh pasien mengalami penurunan skala nyeri secara bertahap dari 6–7 menjadi 2–3. Terdapat peningkatan kenyamanan, perbaikan tidur, dan kemampuan pasien dalam mengelola nyeri secara mandiri. Meskipun belum terjadi peningkatan kekuatan otot secara nyata, tidak ditemukan efek samping terhadap terapi yang diberikan. **Kesimpulan:** Intervensi Manajemen Nyeri secara kolaboratif dan terstruktur efektif dalam menurunkan nyeri akut pada pasien CKD, serta mendukung kesiapan pasien untuk melanjutkan perawatan lanjutan.

Kata Kunci: Nyeri Akut, CKD, Manajemen Nyeri, Keperawatan, Terapi Nonfarmakologis

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Assessment and Data Analysis of Patients with Chronic Kidney Disease (CKD) in Bougenville Ward at Dr. H. Koesnadi Regional General Hospital, Bondowoso

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Introduction: Acute pain is a common nursing problem in patients with Chronic Kidney Disease (CKD), mainly due to the accumulation of uremic metabolites, perfusion disorders, and inflammatory processes. Unmanaged pain can significantly reduce patient comfort and quality of life. **Objective:** This study aims to evaluate the effectiveness of the Nursing Pain Management Intervention (I.08238) in reducing acute pain in CKD patients over a three-day period. **Methods:** This research used a case study approach involving three CKD patients experiencing acute pain. The intervention was conducted for three consecutive days, twice a day, and included warm compresses, music therapy, aromatherapy, deep breathing techniques, relaxation education, and collaboration in administering analgesics. **Results:** Evaluation showed that all patients experienced a gradual reduction in pain scores from 6–7 to 2–3. There was an increase in patient comfort, improved sleep quality, and enhanced ability to self-manage pain. Although no significant increase in muscle strength was observed, no adverse effects were reported from the interventions provided. **Conclusion:** Structured and collaborative pain management interventions were effective in reducing acute pain in CKD patients and supported their readiness for continued care.

Keywords: Acute Pain, CKD, Pain Management, Nursing, Non-Pharmacological Therapy