

ABSTRAK

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Penerapan Balneotherapy pada Klien *Chronic Kidney Disease* (Ckd) dengan Masalah Keperawatan Nyeri Akut di Ruang Bougenville RSUD dr. H Koesnadi Bondowoso
XV + 72 hal + 5 tabel + 5 lampiran

Abstrak

Pendahuluan: *Chronic Kidney Disease* (CKD) merupakan penyakit kronis progresif yang sering menimbulkan komplikasi berupa nyeri akut baik akibat penumpukan toksin uremik maupun tindakan medis seperti prosedur hemodialisis. Karya ilmiah akhir ini bertujuan untuk mengevaluasi hasil penerapan *balneoterapi* sebagai intervensi komplementer dalam asuhan keperawatan untuk mengatasi masalah nyeri akut pada klien CKD. **Metode:** Penelitian ini menggunakan desain studi kasus dengan pendekatan asuhan keperawatan komprehensif yang meliputi pengkajian, diagnosis, intervensi, implementasi dan evaluasi. Subjek studi adalah 3 klien dengan diagnosis CKD yang mengalami masalah keperawatan nyeri akut di Ruang Bougenville RSUD dr. H. Koesnadi Bondowoso. Pengumpulan data dilakukan melalui wawancara, observasi, pemeriksaan fisik, studi dokumentasi serta pengukuran skala nyeri sebelum dan setelah intervensi balneoterapi menggunakan air hangat. **Hasil:** Hasil evaluasi keperawatan menunjukkan bahwa penerapan balneoterapi secara berkala efektif menurunkan intensitas nyeri akut pada klien. Klien melaporkan penurunan skala nyeri yang signifikan, peningkatan rasa nyaman serta perbaikan respons fisiologis seperti penurunan ketegangan otot dan stabilisasi tanda-tanda vital pasca-terapi. **Kesimpulan:** Efek termal dan hidrostatik dari balneoterapi bekerja dengan cara meningkatkan sirkulasi darah perifer, menurunkan spasme otot, serta merangsang pelepasan endorfin yang menghambat hantaran impuls nyeri pada sistem saraf pusat. Terapi komplementer ini terbukti aman karena tidak membebani fungsi filtrasi ginjal.

Kata Kunci: Balneoterapi, *Chronic Kidney Disease* , Nyeri Akut, Asuhan Keperawatan

Pustaka: 54 (2021–2026)

ABSTRACT

MUHAMMADIYAH UNIVERSITY OF JEMBER
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Final Scientific Paper, July 2026
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Application of Balneotherapy for Chronic Kidney Disease (CKD) Patients with Acute Pain Nursing Problems in Bougenville Room of dr. H. Koesnadi Bondowoso Regional General Hospital
XV + 72 pages + 5 tables + 5 appendices

Abstract

Introduction: Chronic Kidney Disease (CKD) is a progressive chronic illness that frequently causes complications such as acute pain, resulting from either the accumulation of uremic toxins or medical procedures like hemodialysis. This final scientific paper aimed to evaluate the outcomes of applying balneotherapy as a complementary intervention in nursing care to manage acute pain issues in CKD patients. **Method:** This study utilized a case study design with a comprehensive nursing care approach encompassing assessment, diagnosis, intervention, implementation, and evaluation. The study subjects were three CKD patients experiencing acute pain nursing problems in the Bougenville Room of dr. H. Koesnadi Bondowoso Regional General Hospital. Data collection was performed through interviews, observations, physical examinations, documentation reviews, and pain scale measurements before and after the warm-water balneotherapy intervention. **Results:** Nursing evaluation outcomes showed that the regular application of balneotherapy effectively reduced the intensity of acute pain in patients. Patients reported a significant decrease in pain scales, an increase in comfort, and improvements in physiological responses, such as reduced muscle tension and post-therapy stabilization of vital signs. **Conclusion:** The thermal and hydrostatic effects of balneotherapy worked by increasing peripheral blood circulation, reducing muscle spasms, and stimulating the release of endorphins that inhibit pain impulse transmission in the central nervous system. This complementary therapy was proven safe as it did not strain kidney filtration function.

Keywords: Balneotherapy, Chronic Kidney Disease , Acute Pain, Nursing Care

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