Abstrak

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Implementasi Termoterapi Untuk Menurunkan *Chest Pain* Pada Pasien *ST-Elevation Myocardial Infarction* (STEMI) Dengan Masalah Keperawatan Nyeri Akut di Ruang ICCU RSUD dr. H. Koesnadi Bondowoso
xvi + 86 halaman + 10 Tabel + 11 Gambar + 3 lampiran

Abstrak

Nyeri dada (*chest pain*) merupakan gejala klinis utama dan paling mengancam pada pasien *ST-Elevation Myocardial Infarction* (STEMI) akibat iskemia miokard akut. Nyeri dada yang hebat berisiko meningkatkan kerja jantung dan memperluas area infark, sehingga memerlukan penatalaksanaan segera secara komprehensif untuk meningkatkan kenyamanan pasien. Selain terapi farmakologis, tindakan non-farmakologis seperti termoterapi (kompres hangat) diperlukan untuk membantu menurunkan intensitas nyeri dada. Penelitian ini bertujuan mendeskripsikan implementasi termoterapi dalam menurunkan nyeri dada pada pasien dengan diagnosis medis *ST-Elevation Myocardial Infarction* (STEMI) di Ruang ICCU RSUD dr. H. Koesnadi Bondowoso. Penelitian menggunakan desain studi kasus deskriptif terhadap tiga klien dewasa dengan diagnosis medis STEMI yang mengalami nyeri dada. Pengumpulan data dilakukan melalui wawancara, observasi, pemeriksaan fisik, studi dokumentasi, dan pemeriksaan penunjang. Implementasi termoterapi menggunakan kompres hangat bersuhu 38-40°C selama 15-20 menit diberikan setiap hari selama tiga hari sebagai intervensi keperawatan nonfarmakologis yang dikombinasikan dengan terapi farmakologis standar. Hasil penelitian menunjukkan seluruh klien mengalami nyeri dada dengan skala awal 5-7 disertai nyeri menjalar, ekspresi meringis, gelisah, dan takipnea. Evaluasi dilakukan setiap hari dan menunjukkan penurunan intensitas nyeri secara bertahap, yaitu dari skala 5-7 pada hari pertama menjadi skala 4-5 pada hari kedua dan mencapai skala 3-4 pada hari ketiga. Penurunan nyeri tersebut disertai hilangnya penjalaran nyeri, ekspresi wajah lebih rileks, serta perbaikan frekuensi napas. Kesimpulan penelitian ini menunjukkan bahwa implementasi termoterapi dan aman digunakan sebagai terapi pendamping untuk menurunkan serta mengontrol keluhan nyeri akut pada pasien STEMI di ruang intensif.

Kata Kunci : *Chest Pain*, Nyeri Akut, STEMI, Termoterapi, Asuhan Keperawatan

Daftar Pustaka : (2024–2026).

Abstract

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Implementation of Thermotherapy to Reduce Chest Pain in ST-Elevation Myocardial Infarction (STEMI) Patients with Acute Pain Nursing Problems in the ICCU Ward of RSUD dr. H. Koesnadi Bondowoso
xvi + 86 pages + 10 tables + 11 images + 3 attachments

Abstract

ST-Elevation Myocardial Infarction (STEMI) is a cardiovascular emergency caused by total occlusion of the coronary artery, which triggers myocardial ischemia and clinical manifestations indicating acute pain in the form of chest pain. Appropriate non-pharmacological nursing implementation is required to help reduce chest pain intensity optimally. This study aimed to describe the findings of thermotherapy implementation to reduce chest pain in STEMI patients with acute pain nursing problems in the ICCU Ward of RSUD dr. H. Koesnadi Bondowoso. This study employed a descriptive case study design involving three adult clients diagnosed with STEMI. Data were collected through interviews, observations, physical examinations, documentation studies, and supporting examinations. The implementation of thermotherapy using warm compresses at a temperature of 38-40°C for 15-20 minutes was administered daily for three consecutive days as a non-pharmacological nursing intervention combined with standard pharmacological therapy. The results showed that all clients experienced chest pain with an initial score of 5-7, accompanied by radiating pain, grimacing, restlessness, and tachypnea. Daily evaluations demonstrated a gradual reduction in pain intensity, decreasing from a score of 5-7 on the first day to 4-5 on the second day, and reaching 3-4 on the third day. This reduction in pain was accompanied by the resolution of radiating pain, a more relaxed facial expression, and an improved respiratory rate. In conclusion, STEMI patients with acute pain require thermotherapy implementation as a complementary therapy to support chest pain reduction and optimal management.

Keywords : *Chest Pain, Acute Pain, STEMI, Thermotherapy, Nursing Care*

References : (2024–2026).