

PERBANDINGAN TINGKAT NYERI PADA PASIEN TERPASANG VENTILASI MEKANIK SELAMA ISTIRAHAT DAN TINDAKAN KEPERAWATAN RUTIN DI *INTENSIVE CARE UNIT* RUMAH SAKIT PUSAT PERTAMINA

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Abstrak

Nyeri merupakan stressor terbanyak yang dialami oleh pasien-pasien di ICU. Hampir sekitar 5 juta pasien yang dirawat di ruang *Intensive Care Unit* (ICU), sebanyak 71% merasakan pengalaman nyeri saat dilakukan tindakan perawatan. Sebagian besar nyeri yang dirasakan pasien di ICU yaitu pada saat pasien terpasang ventilasi mekanik. Nyeri dapat terjadi saat dilakukan tindakan keperawatan rutin seperti positioning, suction, dan oral hygiene. Penelitian ini bertujuan untuk mengetahui perbandingan tingkat nyeri pada pasien terpasang ventilasi mekanik selama istirahat dan tindakan keperawatan rutin di ruang *Intensive Care Unit* Rumah Sakit Pusat Pertamina. Penelitian ini desain penelitian observational analitik dengan pendekatan *cross sectional*, sampel berjumlah 31 responden pasien terpasang ventilasi mekanik dan teknik pengambilan sampel menggunakan *non probability sampling* dengan *accidental sampling*. Data diambil menggunakan kuesioner *Critical Pain Observation Tool* (CPOT) untuk mengukur tingkat nyeri. Hasil penelitian menunjukkan ada perbandingan tingkat nyeri selama istirahat dan tindakan positioning dengan nilai perbandingan sebesar 15,00 ($p < 0,05$); Ada perbandingan tingkat nyeri selama istirahat dan tindakan suction dengan nilai perbandingan sebesar 15,00 ($p < 0,05$); Ada perbandingan tingkat nyeri selama istirahat dan tindakan oral hygiene dengan nilai perbandingan sebesar 7,00 ($p < 0,05$).

Kata Kunci : CPOT, *Intensive Care Unit*, Nyeri, Ventilasi Mekanik

**COMPARISON OF PAIN LEVEL IN MECHANICAL
VENTILATION PATIENTS DURING REST AND ROUTINE
NURSING INTERVENTION IN THE INTENSIVE CARE UNIT
OF PUSAT PERTAMINA HOSPITAL**

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Abstract

Pain is the most common stressor experienced by patients in the ICU. Nearly 5 million patients are treated in the Intensive Care Unit (ICU), and 71% experience pain during treatment. Most of the pain felt by patients in the ICU is when the patient is mechanically ventilated. Pain can occur during routine nursing actions such as positioning, suction, and oral hygiene. This study aims to compare the level of pain in patients on mechanical ventilation during rest and routine nursing actions in the Intensive Care Unit of Pertamina Central Hospital. This research is an analytical observational research design with a cross sectional approach, a sample of 31 patients with mechanical ventilation installed and the sampling technique used is non-probability sampling with accidental sampling. Data were taken using the Critical Pain Observation Tool (CPOT) questionnaire to measure pain levels. The results showed that there was a comparison of pain levels during rest and positioning with a comparison value of 15.00 ($p < 0.05$); There is a comparison of pain levels during rest and suction action with a comparison value of 15.00 ($p < 0.05$); There is a comparison of pain levels during rest and oral hygiene measures with a comparison value of 7.00 ($p < 0.05$).

Keywords : CPOT, Intensive Care Unit, Mechanical Ventilation, Pain