

ANALISIS ASUHAN KEPERAWATAN DENGAN INTERVENSI *SWEDISH ABDOMINAL MASSAGE* PADA PASIEN YANG MENGALAMI KONSTIPASI DI RUANG *INTENSIVE CARE UNIT (ICU)* RSPAD GATOT SOEBROTO

Zahra Andieni Prameswari

Abstrak

Konstipasi merupakan masalah umum yang sering terjadi pada pasien di ruang Intensive Care Unit (ICU) akibat berbagai faktor seperti imobilisasi, penggunaan obat-obatan seperti opioid, serta penurunan aktivitas usus. Selain diberikan terapi farmakologi menggunakan laksatif dan pencahar osmotik, penatalaksanaan konstipasi dapat di dukung dengan dilakukannya terapi nonfarmakologi yaitu pijat abdomen dengan teknik *Swedish Abdominal Massage*. Penelitian ini bertujuan untuk mengevaluasi efektivitas intervensi *Swedish Abdominal Massage* sebagai bagian dari asuhan keperawatan untuk mengatasi konstipasi. Teknik ini dilakukan selama satu kali sehari selama tiga hari berturut-turut dengan kombinasi gerakan effleurage, petrissage, dan vibrasi pada area abdomen guna merangsang peristaltik usus secara non-farmakologis. Hasil evaluasi menunjukkan adanya peningkatan frekuensi bising usus, penurunan distensi abdomen, serta peningkatan kenyamanan dan pengeluaran feses pada pasien. Diharapkan penerapan intervensi *Swedish Abdominal Massage* dapat dijadikan terapi komplementer untuk mengurangi angka konstipasi pada pasien di ruang ICU.

Kata Kunci : ICU, Konstipasi, *Swedish Abdominal Massage*

ANALYSIS OF NURSING CARE WITH SWEDISH ABDOMINAL MASSAGE INTERVENTION IN PATIENTS EXPERIENCING CONSTIPATION IN THE ICU ROOM OF RSPAD GATOT SOEBROTO

Zahra Andieni Prameswari

Abstract

Constipation is a common problem that often occurs in patients in the Intensive Care Unit (ICU) due to various factors such as immobilization, the use of drugs such as opioids, and decreased bowel activity. In addition to pharmacological therapy using laxatives and osmotic laxatives, constipation management can be supported by nonpharmacological therapy, namely abdominal massage with Swedish Abdominal Massage technique. This study aims to evaluate the effectiveness of Swedish Abdominal Massage intervention as part of nursing care to overcome constipation. This technique is performed once a day for three consecutive days with a combination of effleurage, petrissage, and vibration movements in the abdominal area to stimulate intestinal peristalsis non-pharmacologically. The evaluation results showed an increase in bowel noise frequency, a decrease in abdominal distension, and an increase in comfort and stool output in patients. It is hoped that the application of Swedish Abdominal Massage intervention can be used as a complementary therapy to reduce constipation rates in patients in the ICU room.

Key Words: *Constipation, ICU, Swedish Abdominal Massage*