

**PENERAPAN IRIGASI KANDUNG KEMIH DAN *BLADDER TRAINING*
TERHADAP PEMENUHAN KEBUTUHAN ELIMINASI URINE PASIEN
PASCA *TRANSURETHRAL RESECTION OF THE PROSTATE*: STUDI KASUS**

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Abstrak

Tingginya angka kejadian *Benign Prostatic Hyperplasia* terjadi pada pria lanjut usia. *Transurethral Resection of the Prostate* merupakan *gold standard* dalam penanganan BPH. Intervensi irigasi kandung kemih dan *bladder training* dilakukan untuk mengatasi gangguan eliminasi urine pada pasien pasca TURP. Tujuan studi kasus ini adalah mengidentifikasi penerapan irigasi kandung kemih dan *bladder training* pada asuhan keperawatan pasien pasca TURP dengan masalah pemenuhan kebutuhan eliminasi urine. Metode yang digunakan adalah *single case study* deskriptif dengan menggunakan teknik *purposive sampling* pada pasien BPH yang telah menjalani tindakan TURP berusia 60 tahun di Kota Tangerang Selatan. Pengumpulan data melalui wawancara, observasi, pemeriksaan fisik, dan dokumentasi rekam medis. Penerapan irigasi kandung kemih dan *bladder training* dengan instrumen ukur berupa lembar observasi guna memantau status eliminasi urine pasien, meliputi kelancaran aliran urine, warna urine, tetesan irigasi, keseimbangan cairan *intake* dan *output*, adanya sumbatan pada kateter urine, waktu berkemih, frekuensi berkemih, keluhan selama berkemih, dorongan saat berkemih, serta volume urine setiap berkemih. Dalam pelaksanaannya, penulis menerapkan prinsip etik, di antaranya otonomi, *beneficience*, *justice*, *nonmalaficience*, serta kerahasiaan dan privasi. Berdasarkan evaluasi yang dilakukan selama tiga hari masa perawatan menunjukkan adanya perbaikan kondisi pasien berupa warna urine berangsur jernih, bekuan darah berkurang, aliran urine lancar, peningkatan pada sensasi berkemih, serta pasien mampu berkemih secara spontan. Hasil penerapan irigasi kandung kemih dan *bladder training* membantu dalam meningkatkan fungsi pengosongan kandung kemih, mencegah komplikasi, serta memulihkan pola berkemih menjadi normal. Intervensi penerapan irigasi kandung kemih dan *bladder training* direkomendasikan sebagai intervensi keperawatan pada pasien pasca TURP.

Kata kunci: *Benign Prostatic Hyperplasia, Bladder Training, Gangguan Eliminasi Urine, Irigasi Kandung Kemih, Transurethral Resection of the Prostate*

THE USE OF BLADDER IRRIGATION AND BLADDER TRAINING TO MEET URINARY ELIMINATION NEEDS IN PATIENTS FOLLOWING TRANSURETHRAL RESECTION OF THE PROSTATE: A CASE STUDY

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Abstract

The incidence of benign prostatic hyperplasia was high among older men. Transurethral resection of the prostate was the gold standard for the treatment of BPH. Bladder irrigation and bladder training were used to address urinary elimination disorders in patients following TURP. The objective of this case study was to identify the implementation of bladder irrigation and bladder training in the nursing care of post-TURP patients with impaired urinary elimination. The method used was a descriptive single-case study design with purposive sampling in a 60 year old patient with BPH who had undergone TURP in South Tangerang City. Data were collected through interviews, observations, physical examinations, and medical record documentation. The implementation of bladder irrigation and bladder training was evaluated using an observation sheet to monitor urinary elimination status, including urine flow, urine color, irrigation drips, fluid intake output balance, catheter obstruction, voiding time and frequency, complaints during voiding, urge to void, and urine volume per void. Ethical principles, including autonomy, beneficence, non-maleficence, justice, as well as confidentiality and privacy, were applied throughout the study. An evaluation conducted over three days of hospitalization showed an improvement in the patient's condition, as indicated by clearer urine color, reduced blood clots, smooth urine flow, increased sensation of voiding, and the patient's ability to void spontaneously. The implementation of bladder irrigation and bladder training helped improve bladder emptying function, prevent complications, and restore normal voiding patterns. Therefore, bladder irrigation and bladder training were recommended as nursing interventions for patients following TURP.

Keywords: *Benign Prostatic Hyperplasia, Bladder Training, Bladder Irrigation, Urinary Elimination Disorders, Transurethral Resection of the Prostate*