

PENERAPAN RELAKSASI OTOT PROGRESIF PADA ASUHAN KEPERAWATAN PASIEN DENGAN GANGGUAN NYERI AKUT DI RSUD PASAR MINGGU

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Abstrak

GERD adalah suatu kelainan pada sistem pencernaan yang terjadi karena asam lambung naik ke esofagus, menimbulkan gejala seperti nyeri di area ulu hati, mual, regurgitasi, serta sensasi terbakar di dada. Rasa sakit pada penderita GERD dapat mengganggu aktivitas harian dan menurunkan kualitas hidup. Salah satu pendekatan non farmakologis untuk meredakan nyeri adalah teknik relaksasi otot progresif. Studi kasus ini bertujuan untuk memberikan penerapan teknik relaksasi otot progresif pada pasien GERD yang mengalami nyeri akut di RSUD Pasar Minggu. Metode yang dipakai berupa studi kasus deskriptif dengan tahapan proses keperawatan meliputi pengkajian, diagnosis, intervensi, pelaksanaan, dan evaluasi. Data dikumpulkan melalui wawancara, observasi, pemeriksaan fisik, serta penelaahan rekam medis. Hasil pengkajian mengindikasikan pasien mengalami nyeri ulu hati dengan skor 6, mual, diare, dan gangguan tidur. Intervensi yang diberikan meliputi manajemen nyeri dan penerapan relaksasi otot progresif selama tiga hari. Evaluasi menunjukkan penurunan intensitas nyeri, pasien terlihat lebih tenang, kualitas tidur membaik, dan keluhan mual berkurang. Kesimpulan studi ini menegaskan bahwa relaksasi otot progresif efektif dalam mengurangi nyeri akut dan meningkatkan kenyamanan pada pasien GERD, sehingga dapat dijadikan intervensi keperawatan non farmakologis.

Kata Kunci : Asuhan Keperawatan, GERD, Nyeri Akut, Relaksasi Otot Progresif.

IMPLEMENTATION OF PROGRESSIVE MUSCLE RELAXATION IN NURSING CARE FOR PATIENTS WITH ACUTE PAIN DISORDERS AT PASAR MINGGU REGIONAL HOSPITAL

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Abstract

GERD is a digestive system disorder that occurs when stomach acid rises into the esophagus, causing symptoms such as heartburn, nausea, regurgitation, and a burning sensation in the chest. Pain in GERD sufferers can disrupt daily activities and reduce quality of life. One non-pharmacological approach to pain relief is progressive muscle relaxation techniques. This case study aims to demonstrate the application of progressive muscle relaxation techniques to GERD patients experiencing acute pain at Pasar Minggu Regional General Hospital. The method used is a descriptive case study with nursing process stages including assessment, diagnosis, intervention, implementation, and evaluation. Data were collected through interviews, observation, physical examination, and medical record review. The assessment results indicated that the patient experienced heartburn with a score of 6, nausea, diarrhea, and sleep disturbances. Interventions provided included pain management and the application of progressive muscle relaxation for three days. The evaluation showed a decrease in pain intensity, the patient appeared calmer, sleep quality improved, and complaints of nausea decreased. The conclusion of this study confirms that progressive muscle relaxation is effective in reducing acute pain and increasing comfort in GERD patients, thus it can be used as a non-pharmacological nursing intervention.

Keywords : *Nursing Care, GERD, Acute Pain, Progressive Muscle Relaxation.*