

ABSTRAK

Rhiby Zauza Salsabila Mulyadi. (2026). Asuhan Keperawatan pada Klien Penyakit Jantung Koroner (PJK) dengan Masalah Keperawatan Nyeri Akut di RSUD Dr. Achmad Mochtar Bukittinggi. Karya Tulis Ilmiah Studi Kasus, Program Studi DIII Keperawatan, Politeknik Kesehatan Kemenkes Riau. Pembimbing (I) Ns. Yoza Misra Fatmi, M.Kep., Sp.Kep.M.B, Pembimbing (II) Ns. Nia Khusniyati, M.Kep., Sp.Kep.M.B.

Latar Belakang: Penyakit Jantung Koroner (PJK) merupakan penyakit akibat penyempitan arteri koroner yang menyebabkan berkurangnya suplai oksigen ke miokardium sehingga menimbulkan nyeri akut. **Tujuan:** Penelitian ini bertujuan menerapkan asuhan keperawatan pada klien Penyakit Jantung Koroner dengan masalah keperawatan nyeri akut. **Metode:** Penelitian ini menggunakan desain studi kasus deskriptif dengan pendekatan asuhan keperawatan meliputi pengkajian, diagnosis, intervensi, implementasi, dan evaluasi. Responden penelitian adalah satu orang klien dengan diagnosis medis Unstable Angina Pectoris (UAP) dd NSTEMI di Ruang Rawat Inap Jantung RSUD Dr. Achmad Mochtar Bukittinggi. Data dikumpulkan melalui wawancara, observasi, pemeriksaan fisik, dan dokumentasi selama 3 hari (27-29 Maret 2026). **Hasil:** Pengkajian menunjukkan klien mengeluhkan nyeri dada kiri dengan skala nyeri 7, tampak meringis, gelisah, frekuensi nadi meningkat, dan sulit tidur. Diagnosis keperawatan yang ditegakkan adalah nyeri akut berhubungan dengan agen pencedera fisiologis. Intervensi yang diberikan meliputi manajemen nyeri, teknik relaksasi napas dalam, edukasi, serta kolaborasi pemberian terapi farmakologis. Setelah dilakukan tindakan keperawatan selama 3 hari, skala nyeri menurun dari 7 menjadi 0 dan keluhan nyeri teratasi. **Kesimpulan:** Asuhan keperawatan yang diberikan efektif dalam mengatasi masalah keperawatan nyeri akut pada klien Penyakit Jantung Koroner. **Saran:** Diharapkan perawat dapat mengoptimalkan penerapan manajemen nyeri pada pasien PJK untuk mendukung proses pemulihan.

Kata Kunci: Penyakit Jantung Koroner, Nyeri Akut, Asuhan Keperawatan.

ABSTRACT

Rhiby Zauza Salsabila Mulyadi. (2026). Nursing Care for Coronary Artery Disease (CAD) Clients with Acute Pain Nursing Problems at Dr. Achmad Mochtar Bukittinggi Regional Hospital. Scientific Paper Case Study, DIII Nursing Study Program, Riau Ministry of Health Polytechnic. Supervisor (I) Ns. Yoza Misra Fatmi, M.Kep.,Sp.Kep.M.B, Supervisor (II) Ns. Nia Khusniyati, M.Kep., Sp.Kep.M.B.

Background: Coronary Heart Disease (CHD) is a disease caused by narrowing of the coronary arteries which causes reduced oxygen supply to the myocardium, causing acute pain. Based on data from the Central Statistics Agency (BPS) of Bukittinggi City in 2023, there were around 1,374 cases of coronary heart disease. **Objective:** This study aims to apply nursing care to clients with Coronary Heart Disease with acute pain nursing problems. **Method:** This study uses a descriptive case study design with a nursing care approach including assessment, diagnosis, intervention, implementation, and evaluation. The research respondent was one client with a medical diagnosis of Unstable Angina Pectoris (UAP) and NSTEMI in the Cardiac Inpatient Room of Dr. Achmad Mochtar Hospital, Bukittinggi. Data were collected through interviews, observations, physical examinations, and documentation for 3 days (March 27-29, 2026). **Results:** The assessment showed that the client complained of left chest pain with a pain scale of 7, appeared grimacing, restless, had an increased pulse rate, and had difficulty sleeping. The established nursing diagnosis was acute pain related to physiological injury agents. Interventions provided included pain management, deep breathing relaxation techniques, education, and collaboration in providing pharmacological therapy. After 3 days of nursing care, the pain scale decreased from 7 to 0, and the pain complaints were resolved. **Conclusion:** The nursing care provided was effective in addressing acute pain in clients with coronary heart disease. **Recommendation:** Nurses are expected to optimize the application of pain management in patients with coronary heart disease to support the recovery process.

Keywords: Coronary Heart Disease, Acute Pain, Nursing Care.