

ABSTRAK

Asuhan Keperawatan pada Pasien Dispepsia dengan Masalah Nyeri Akut di ruang Rawat Inap Interna RSUD Indrasari Rengat

Nauval Septia Indriyani¹, Sri Novita Yuliet², Sety Julita³
Email: novaseptia308@gmail.com

Program Studi DIII Keperawatan Di Luar Kampus Utama
Politeknik Kesehatan Kemenkes Riau

Dispepsia merupakan sindrom gangguan pencernaan bagian atas yang menempati peringkat pertama penyakit terbanyak pada pasien rawat inap di Provinsi Riau dengan 14.577 kasus , serta memicu masalah keperawatan utama berupa nyeri akut di area epigastrium yang mengganggu aktivitas. Penelitian ini bertujuan untuk mendeskripsikan asuhan keperawatan komprehensif pada pasien dispepsia dengan masalah nyeri akut di ruang rawat inap interna RSUD Indrasari Rengat. Metode penelitian yang digunakan adalah pendekatan deskriptif kualitatif dengan rancangan studi kasus. Pengumpulan data dilakukan selama enam hari melalui wawancara, observasi, pemeriksaan fisik fisik IPPA, dan studi dokumentasi rekam medis. Implementasi keperawatan dilakukan mengacu pada SIKI Manajemen Nyeri, mencakup tindakan observasi PQRST, kolaborasi analgesik, serta penerapan teknik non-farmakologis latihan relaksasi napas dalam. Hasil evaluasi keperawatan selama enam hari menunjukkan adanya perbaikan kondisi klinis yang signifikan, ditandai dengan berkurangnya intensitas skala nyeri, pasien tampak lebih rileks, dan pola istirahat membaik. Kesimpulan riset menegaskan bahwa asuhan yang sistematis mampu mengatasi sebagian masalah nyeri akut pasien. Berdasarkan hasil tersebut, disarankan bagi pihak RSUD Indrasari Rengat untuk mengoptimalkan mutu pelayanan melalui edukasi kesehatan berkelanjutan. Bagi pasien dan keluarga hendaknya konsisten menjaga pola makan serta mempraktikkan teknik relaksasi secara mandiri guna mencegah kekambuhan di rumah.

Kata kunci: Asuhan Keperawatan, Dispepsia, Nyeri Akut, Studi Kasus, Manajemen Nyeri

ABSTRACT

Nursing Care for Patients with Dyspepsia and Acute Pain Problems in the Internal Inpatient Ward of RSUD Indrasari Rengat

Nauval Septia Indriyani¹, Sri Novita Yuliet², Sety Julita³
Email: novaseptia308@gmail.com

Diploma III Nursing Study Program Outside the Main Campus
Health Polytechnic of the Ministry of Health Riau

Dyspepsia is an upper gastrointestinal tract syndrome that ranks first among the most common diseases in hospitalized patients in Riau Province with 14,577 cases, and triggers a primary nursing problem of acute pain in the epigastric region that disrupts daily activities. This study aims to describe comprehensive nursing care for dyspepsia patients with acute pain issues in the internal medicine inpatient ward of RSUD Indrasari Rengat. The research method utilized a qualitative descriptive approach with a case study design. Data collection was conducted over six days through interviews, observations, IPPA physical examinations, and documentation studies of medical records. Nursing implementations were carried out based on the SIKI Pain Management guidelines, including PQRST assessment, analgesic collaboration, and the application of non-pharmacological deep breathing relaxation exercises. The evaluation results over the six days of care demonstrated significant clinical improvement, indicated by a reduction in the pain intensity scale, a more relaxed appearance of the patient, and improved rest patterns. In conclusion, systematic care was able to partially resolve the patient's acute pain problem. Based on these findings, it is suggested that RSUD Indrasari Rengat optimize service quality through continuous health education. Furthermore, patients and their families are expected to consistently maintain dietary habits and independently practice relaxation techniques to prevent recurrence at home.

Keywords: *Nursing Care, Dyspepsia, Acute Pain, Case Study, Pain Management*