

Asuhan Keperawatan pada Pasien Pasca Operasi Mastectomy dengan Masalah Nyeri di Ruang Kenanga RSI Muhammadiyah Pekajangan dan Ruang Flamboyan RSUD Kraton

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Program Studi Diploma III Keperawatan STIKES Muhammadiyah

Pekajangan Pekalongan

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Abstrak

Kanker payudara merupakan tumor ganas yang tumbuh dalam jaringan payudara. Kanker payudara masih menjadi masalah karena merupakan jenis kanker yang angka kejadiannya paling tinggi di Indonesia. Menurut Estimasi Globocan tahun 2016 angka kematian di Indonesia untuk kanker payudara sebanyak 16,6 kematian per 100.000 perempuan, diikuti oleh kanker leher rahim sebanyak 8,2 kematian per 100.000 penduduk. Penatalaksanaan pada kanker payudara salah satunya dengan tindakan *mastectomy*. Permasalahan pada pasien pasca operasi *mastectomy* dapat menimbulkan rasa nyeri. Studi kasus ini bertujuan untuk menggambarkan asuhan keperawatan dan mengetahui keefektifan pemberian terapi dzikir terhadap penurunan nyeri pada pasien *pasca* operasi *mastectomy*. Rancangan studi kasus yang digunakan adalah deskriptif yaitu menggambarkan 2 asuhan keperawatan pasien yang menjalani operasi *mastectomy* dengan masalah nyeri. Hasil studi kasus menunjukkan ada penurunan skala nyeri dengan menggunakan terapi dzikir pada pasien *pasca* operasi *mastectomy*. Berdasarkan hasil studi kasus maka dapat disimpulkan bahwa terapi dzikir dapat menurunkan skala nyeri pasca operasi *mastectomy*.

Kata kunci : kanker payudara, *mastectomy*, nyeri, terapi dzikir.

Abstract

Breast cancer is a malignant tumor that grows in the breast tissue. Breast cancer is still a problem because it is a type of cancer that the highest incidence rate in Indonesia. According to Globocan Estimation in 2016 Indonesia's mortality rate for breast cancer is 16.6 deaths per 100,000 women, followed by cervical cancer as much as 8.2 deaths per 100,000 population. Management of breast cancer one of them with mastectomy action. Problems in postoperative patients mastectomy can cause pain. This case study aims to describe nursing care and find out the effectiveness of dhikr therapy on the reduction of pain in postoperative mastectomy patients. The case study subjects were 2 patients who underwent mastectomy surgery with pain problems. The case study results show a decrease in the pain scale using dhikr therapy in postoperative mastectomy patients. Based on the results of case studies it can be concluded that dhikr therapy can reduce the scale of pain.

Keywords: *breast cancer, mastectomy, pain, dhikr therapy*

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