

Studi Kasus: Penerapan Relaksasi Otot Progresif (ROP) pada Pasien Post Operasi Laparatomi Benign Prostat Hyperplasia (BPH) Di Ruang Amarilis RSUD Tugurejo Semarang

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Pendahuluan: Seorang pasien laki-laki usia 60 tahun menderita *Benigna prostat hiperplasia* (BPH). Pasien dilakukan tindakan pembedahan *radical retropubic prostatectomy*. Pengkajian pasien didapatkan keadaan umum baik, kesadaran composmentis, pasien juga mempunyai riwayat penyakit DM. Pasien mengeluh nyeri pada area operasi (dibawah pusar). Studi ini bertujuan untuk mengidentifikasi gambaran penerapan terapi relaksasi otot progresif pada nyeri akut terhadap pasien *Benign Prostat Hyperplasia*.

Metode: Studi kasus ini mengaplikasikan tindakan keperawatan yang berbasis bukti (*evidence based practice*) dengan mengobservasi satu pasien post operasi laparotomy BPH. Pasien diberikan terapi standar dan ditambah dengan tindakan Relaksasi Otot Progresif (ROP) selama tiga hari masa perawatan post operasi. Pasien dievaluasi tiap hari yang meliputi skala nyeri, tanda-tanda vital, dan luka operasi.

Hasil: Setelah tiga hari dilakukan intervensi ROP, pasien mengalami penurunan intensitas nyeri dari skala 4 pada hari pertama pasca operasi menjadi skala 1 pada hari ketiga. Pasien juga tidak terdapat tanda-tanda infeksi pada luka operasi. Namun demikian, keterbatasan kasus ini adalah penurunan skala nyeri sangat mungkin dikarenakan efek dari obat anestesi.

Simpulan: Terapi relaksasi progresif terbukti aman diberikan pada pasien post operasi BPH dan juga dapat menurunkan intensitas nyeri pasien. Perawat disarankan untuk dapat memberikan ROP sebagai terapi tambahan dalam pemberian asuhan keperawatan khususnya pada pasien pasca operasi

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**A Case Study: The Implementation of Progressive Muscle Relaxation (ROP)
on Postoperative Benign Prostate Hyperplasia (BPH) Laparotomy Patients
at Amaryllis Room of Tugurejo Hospital, Semarang**

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Introduction: A 60-year-old male patient suffers from Benign prostatic hyperplasia (BPH). The patient underwent radical retropubic prostatectomy surgery. Based on the patient's assessment, the results were good general condition and compos mentis awareness. The patient also had a history of DM. The patient complained of pain in the operating area (below the navel). This study aimed to identify the description of the progressive muscle relaxation therapy implementation in acute pain in a Benign Prostatic Hyperplasia patient.

Methods: This case study applied evidence-based practice nursing by observing a BPH laparotomy postoperative patient. The patient was given standard therapy plus Progressive Muscle Relaxation (ROP) during the three days of postoperative care. The patient was evaluated daily including pain scales, vital signs, and surgical wounds.

Results: After three days of ROP intervention, the patient experienced a decrease in pain intensity from a scale of 4 on the first postoperative day to a scale of 1 on the third day. The patient also had no sign of infection in the surgical wound. However, the limitation of this case was the decrease in pain scale was very likely due to the effects of anesthetic drugs.

Conclusion: Progressive relaxation therapy is proven to be safe for postoperative BPH patients and also can reduce the patient's pain intensity. Nurses are advised to be able to provide ROP as an additional therapy in the provision of nursing care, especially in postoperative patients.