

KARYA ILMIAH AKHIR

**ASUHAN KEPERAWATAN PADA NY. A (30 TAHUN) DENGAN KANKER
OVARIUM STADIUM II B + ANEMIA SEDANG DAN PENERAPAN
EVIDANCE BASED NURSING PRACTICE RELAKSASI NAFAS
DALAM DAN DISTRAKSI DENGAN LATIHAN LIMA JARI
DI RUANGAN GINEKOLOGI ONKOLOGI
RSUP DR. M. DJAMIL PADANG**



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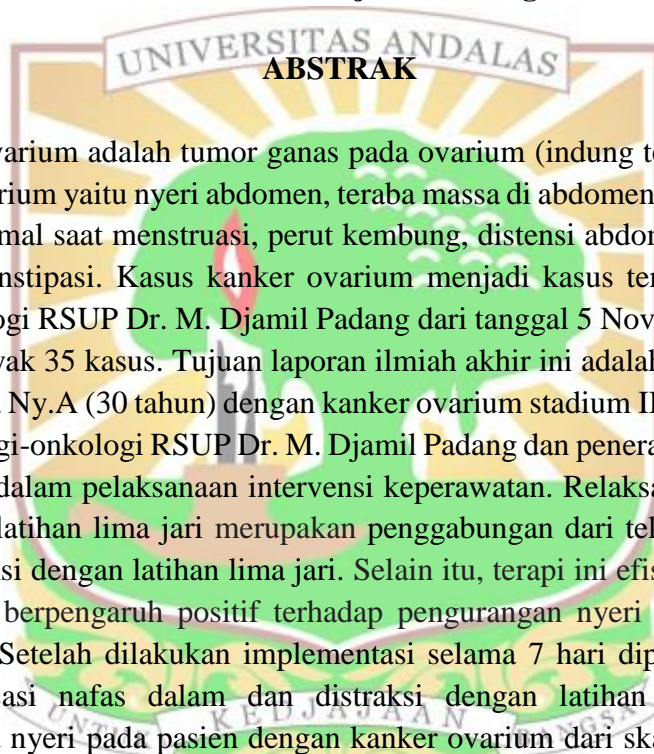
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**FAKULTAS KEPERAWATAN UNIVERSITAS ANDALAS
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**Asuhan Keperawatan pada Ny. A (30 Tahun) dengan Kanker Ovarium Stadium II
B + Anemia Sedang dan Penerapan *Evidence Based Nursing Practice* Relaksasi
Nafas Dalam dan Distraksi Latihan Lima Jari
di Ruang Ginekologi-Onkologi Kebidanan
RSUP. Dr. M.Djamil Padang**



Kanker ovarium adalah tumor ganas pada ovarium (indung telur). Gejala timbul akibat kanker ovarium yaitu nyeri abdomen, teraba massa di abdomen, , haid tidak teratur, perdarahan abnormal saat menstruasi, perut kembung, distensi abdomen, keluhan sering berkemih dan konstipasi. Kasus kanker ovarium menjadi kasus terbanyak di ruangan ginekologi onkologi RSUP Dr. M. Djamil Padang dari tanggal 5 November- 1 Desember 2018 yaitu sebanyak 35 kasus. Tujuan laporan ilmiah akhir ini adalah membahas asuhan keperawatan pada Ny.A (30 tahun) dengan kanker ovarium stadium II B + anemia sedang di ruang ginekologi-onkologi RSUP Dr. M. Djamil Padang dan penerapan *evidence based nursing practice* dalam pelaksanaan intervensi keperawatan. Relaksasi nafas dalam dan distraksi dengan latihan lima jari merupakan penggabungan dari teknik relaksasi nafas dalam dan distraksi dengan latihan lima jari. Selain itu, terapi ini efisien dari segi biaya, non invasif, dan berpengaruh positif terhadap pengurangan nyeri kronis pada pasien kanker ovarium. Setelah dilakukan implementasi selama 7 hari diperoleh hasil bahwa penerapan relaksasi nafas dalam dan distraksi dengan latihan lima jari mampu mengurangi skala nyeri pada pasien dengan kanker ovarium dari skala nyeri 6 ke skala nyeri 3. Laporan ini dapat menjadi masukan dalam pemberian asuhan keperawatan khususnya pada klien dengan kanker ovarium serta penerapan *evidence based nursing practice* di ruangan.

Kata Kunci : kanker ovarium, nyeri kronik, *evidence based*

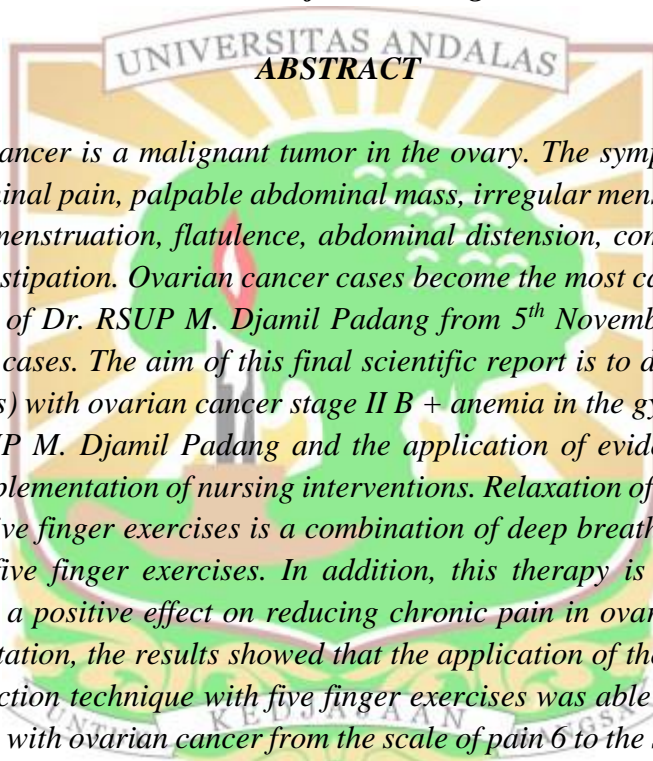
Daftar Pustaka : 30 (2010-2017)

**FACULTY OF NURSING ANDALAS UNIVERSITY
FINAL SCIENTIFIC REPORT, DESEMBER 2018**

Name : MERY SEPRIANI

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Nursing Care at Mrs. A (30 Years Old) with Ovarian Cancer Stage II B + Moderate Anemia and Application of Evidence Based Nursing Practice Relaxation of Deep Breathing and Distruction Technique with Five Finger Exercises in The Oncology Gynecology Room of Dr. M. Djamil Padang



Ovarian cancer is a malignant tumor in the ovary. The symptoms from ovarian cancer are abdominal pain, palpable abdominal mass, irregular menstruation, abnormal bleeding during menstruation, flatulence, abdominal distension, complaints of frequent urination and constipation. Ovarian cancer cases become the most cases in the oncology gynecology room of Dr. RSUP M. Djamil Padang from 5th November to 1st December 2018 which is 35 cases. The aim of this final scientific report is to discuss nursing care for Ny.A (30 years) with ovarian cancer stage II B + anemia in the gynecology-oncology room of Dr. RSUP M. Djamil Padang and the application of evidence based nursing practice in the implementation of nursing interventions. Relaxation of deep breathing and distraction with five finger exercises is a combination of deep breathing and distraction techniques with five finger exercises. In addition, this therapy is cost-efficient, non-invasive, and has a positive effect on reducing chronic pain in ovarian cancer. After 7 days of implementation, the results showed that the application of the relaxation of deep breath and distraction technique with five finger exercises was able to reduce the scale of pain in patients with ovarian cancer from the scale of pain 6 to the scale of pain 3. This report can be input in providing nursing care especially to clients with ovarian cancer and the application of evidence based nursing practice in the room.

Keywords : Ovarian cancer, chronic pain, evidence based

References : 30 (2010-2017)