

**KARYA ILMIAH AKHIR**

**ASUHAN KEPERAWATAN PADA PASIEN PREOPERATIF  
FRAKTUR *FEMUR* 1/3 *PROKSIMAL* DAN *RAMUS*  
*INFERIOR OS PUBIS* DEXTRA DENGAN  
APLIKASI TERAPI *PROGRESSIVE*  
*MUSCLE RELAXATION* DI  
*TRAUMA CENTER* RSUP  
DR. M. DJAMIL  
PADANG**



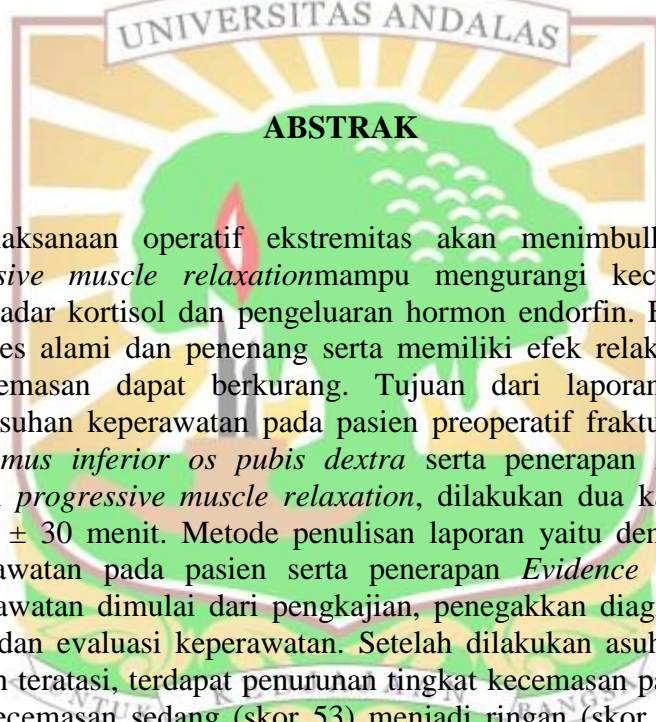
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**FAKULTAS KEPERAWATAN**  
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**ASUHAN KEPERAWATAN PADA PASIEN PREOPERATIF FRAKTUR  
FEMUR 1/3 PROKSIMAL DAN RAMUS INFERIOR OS PUBISDEXTRA  
DENGAN APLIKASI TERAPI *PROGRESSIVE MUSCLE  
RELAXATION* DI TRAUMA CENTER  
RSUP DR. M. DJAMIL PADANG**



Penatalaksanaan operatif ekstremitas akan menimbulkan kecemasan. Terapi *progressive muscle relaxation* mampu mengurangi kecemasan dengan menurunkan kadar kortisol dan pengeluaran hormon endorfin. Endorfin sebagai penghilang stres alami dan penenang serta memiliki efek relaksasi pada tubuh sehingga kecemasan dapat berkurang. Tujuan dari laporan adalah untuk memberikan asuhan keperawatan pada pasien preoperatif fraktur *1/3 proksimal femur* dan *ramus inferior os pubis dextra* serta penerapan *Evidence Based Nursing* terapi *progressive muscle relaxation*, dilakukan dua kali dalam sehari dengan durasi  $\pm$  30 menit. Metode penulisan laporan yaitu dengan studi kasus asuhan keperawatan pada pasien serta penerapan *Evidence Based Nursing*. Asuhan keperawatan dimulai dari pengkajian, penegakkan diagnosa, intervensi, implementasi dan evaluasi keperawatan. Setelah dilakukan asuhan keperawatan masalah pasien teratasi, terdapat penurunan tingkat kecemasan pasien preoperatif dari tingkat kecemasan sedang (skor 53) menjadi ringan (skor 23). Disarankan perawat dapat menggunakan terapi non farmakologi (terapi *progressive muscle relaxation*) dalam mengurangi kecemasan pasien preoperatif fraktur ekstremitas.

**Kata Kunci : Fraktur, Femur, Ramus, Preoperatif, Progressive Muscle Relaxation**

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**NURSING CARE IN 1/3 PROXIMAL FEMUR AND INFERIOR RAMUS OS  
PUBIC DEXTRA FRACTURE'S PREOPERATIVE PATIENT WITH THE  
APPLICATION OF PROGRESSIVE MUSCLE RELAXATION  
THERAPY AT TRAUMA CENTER RSUP DR. M. DJAMIL  
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*Management of surgical extremities will cause anxiety. Therapy for progressive muscle relaxation can reduce anxiety by reducing cortisol levels and removing endorphins. Endorphins are natural and sedative stress relievers and have a relaxing effect on the body so that anxiety can be reduced. The purpose of the report is to provide nursing care to patients with preoperative 1/3 proximal femur and inferior ramus os pubic dextra application of Evidence Based Nursing therapy progressive muscle relaxation, carried out twice a day with  $\pm$  30 minutes duration. The method of report writing is a case study of nursing care in patients and the application of Evidence Based Nursing. Nursing care starts from the assessment, diagnosis, intervention, implementation and evaluation of nursing. After nursing care the patient's problem is resolved, there is a decrease in the level of anxiety of the preoperative patient from anxiety level 53 (moderate) to 23 (mild). It is suggested that nurses can use non-pharmacological therapy (therapeutic progressive muscle relaxation) in reducing anxiety in patients with preoperative limb fractures.*

**Keywords** : Fracture, Femur, Ramus, Preoperative, Progressive Muscle Relaxation

**Bibliography** : 72 (2002-2018)