

KARYA ILMIAH AKHIR

**ASUHAN KEPERAWATAN PADA PASIEN PASCAKRANIOTOMI
DENGAN PENERAPAN *FOOT MASSAGE* TERHADAP NYERI DAN
STABILITAS HEMODINAMIK DI ICU TULIP 2
RSUP DR. M. DJAMIL PADANG**

“Peminatan Keperawatan Gawat Darurat”



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Asuhan Keperawatan pada Pasien Pascakraniotomi dengan Penerapan *Foot massage* terhadap Nyeri dan Stabilitas Hemodinamik di ICU Tulip 2
RSUP Dr. M. Djamil Padang

ABSTRAK

Tumor serebri merupakan masalah neurologis kompleks yang dapat menyebabkan peningkatan tekanan intrakranial, penurunan kesadaran, nyeri, serta ketidakstabilan hemodinamik pascaoperasi. Karya ilmiah akhir ini bertujuan untuk menggambarkan asuhan keperawatan pada pasien pascakraniotomi pengangkatan tumor serebri dengan penerapan *foot massage* sebagai intervensi nonfarmakologis pendukung terhadap nyeri dan stabilitas hemodinamik di Ruang ICU Tulip 2 RSUP Dr. M. Djamil Padang. Metode yang digunakan adalah studi kasus melalui proses keperawatan, meliputi pengkajian, penetapan diagnosis, perencanaan, implementasi, evaluasi, serta penerapan Evidence-Based Nursing. Asuhan dilakukan pada Ny. T, perempuan usia 43 tahun, selama enam hari pascakraniotomi pengangkatan tumor serebri suspek meningioma frontotemporal sinistra. Diagnosis keperawatan utama meliputi bersihan jalan napas tidak efektif, gangguan ventilasi spontan, penurunan kapasitas adaptif intrakranial, dan nyeri akut. *Foot massage* diberikan selama 10 menit setiap hari dengan memperhatikan kondisi klinis, kontraindikasi, serta pemantauan tanda vital sebelum dan sesudah tindakan. Hasil evaluasi menunjukkan pasien berhasil diekstubasi pada hari ketiga, kesadaran membaik hingga compos mentis, SpO₂ berada dalam rentang aman, nyeri menurun dari CPOT 4/8 menjadi 0–1/8 dan NRS 2/10, serta hemodinamik cenderung lebih stabil pada hari-hari akhir implementasi. Namun, perubahan hemodinamik tidak dapat diatribusikan sepenuhnya pada *foot massage* karena pasien juga mendapatkan terapi farmakologis dan kolaboratif. Dapat disimpulkan bahwa *foot massage* dapat ditoleransi dengan baik dan berpotensi mendukung penurunan nyeri, kenyamanan, serta kestabilan respons hemodinamik sebagai intervensi keperawatan pendukung pada pasien pascakraniotomi di ICU.

Kata kunci : *Foot massage*, Pascakraniotomi, Nyeri Akut, Stabilitas Hemodinamik, Asuhan Keperawatan Kritis

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*Nursing Care for a Post-Craniotomy Patient with the Implementation of Foot
massage on Pain and Hemodynamic Stability in the Tulip 2 ICU of RSUP Dr. M.
Djamil Padang*

ABSTRACT

Cerebral tumor is a complex neurological condition that may cause increased intracranial pressure, decreased consciousness, pain, and postoperative hemodynamic instability. This final scientific paper aims to describe nursing care for a post-craniotomy patient after cerebral tumor removal through the application of foot massage as a supportive non-pharmacological intervention for pain and hemodynamic stability in the Tulip 2 ICU of RSUP Dr. M. Djamil Padang. This study used a case study method through the nursing process, including assessment, nursing diagnosis formulation, planning, implementation, evaluation, and the application of Evidence-Based Nursing. Nursing care was provided to Mrs. T, a 43-year-old female patient, for six days after craniotomy for the removal of a suspected left frontotemporal meningioma. The main nursing diagnoses included ineffective airway clearance, impaired spontaneous ventilation, decreased intracranial adaptive capacity, and acute pain. Foot massage was administered for 10 minutes daily by considering the patient's clinical condition, contraindications, and vital sign monitoring before and after the intervention. The evaluation showed that the patient was successfully extubated on the third day, consciousness improved to *compos mentis*, SpO₂ remained within a safe range, pain decreased from a CPOT score of 4/8 to 0–1/8 and an NRS score of 2/10, and hemodynamic parameters tended to be more stable in the final days of implementation. However, the hemodynamic changes could not be fully attributed to foot massage because the patient also received pharmacological and collaborative therapies. It can be concluded that foot massage was well tolerated and has the potential to support pain reduction, comfort, and hemodynamic response stability as a supportive nursing intervention for post-craniotomy patients in the ICU.

Keywords : Foot massage, Post-Craniotomy, Acute Pain, Hemodynamic Stability, Critical Care Nursing

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