

KARYA ILMIAH AKHIR

**ASUHAN KEPERAWATAN PADA NY. S (34 TAHUN) DENGAN
KANKER OVARIUM STADIUM I POST KEMOTERAPI SIKLUS KE-5
DAN PENERAPAN *AKUPRESURE PERIKARDIUM 6* (NEIGUAN)
UNTUK MASALAH NAUSEA DI RUANG RAWAT INAP
KEBIDANAN RSUP M.DJAMIL PADANG**

Penelitian Keperawatan Maternitas



FAKULTAS KEPERAWATAN

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Asuhan Keperawatan Pada Ny.S (34 Tahun) Dengan Kanker Ovarium Stadium I Post Kemoterapi Siklus Ke-5 Dan Penerapan *Akupresure Perikardium 6* (Neiguan) Untuk Masalah Nausea Di Ruang Rawat Inap

**Kebidanan
RSUP M.Djamil Padang**

ABSTRAK

Kemoterapi merupakan terapi utama pada kanker ovarium yang sering menimbulkan efek samping berupa *chemotherapy-induced nausea and vomiting* (CINV). CINV perlu ditangani karena dapat menyebabkan dehidrasi, malnutrisi, dan ketidakseimbangan elektrolit. Karya Ilmiah Akhir ini bertujuan menerapkan asuhan keperawatan komprehensif melalui terapi farmakologis yang dikombinasikan dengan intervensi *evidence-based nursing*, yaitu akupresur titik perikardium 6 (Neiguan), untuk mengurangi mual, muntah, dan *retching*. Metode yang digunakan adalah studi kasus dengan pendekatan proses keperawatan yang meliputi pengkajian, diagnosis, intervensi, implementasi, dan evaluasi. Subjek penelitian adalah Ny. S, usia 34 tahun, pasien kanker ovarium stadium I post kemoterapi siklus ke-5 yang dirawat di RSUP Dr. M. Djamil Padang. Diagnosis keperawatan yang ditegakkan meliputi nausea, kelelahan, dan gangguan citra tubuh. Terapi akupresur P6 diberikan selama tiga hari, sedangkan evaluasi mual muntah dan *retching* menggunakan *Rhodes Index of Nausea, Vomiting and Retching* (RINVR). Hasil menunjukkan penurunan skor RINVR, saat pengkajian yaitu 18 (mual muntah berat) menjadi skor 10 (mual muntah sedang) sesudah 3 hari intervensi, disertai peningkatan nafsu makan, pasien tampak lebih segar, penurunan kelelahan, dan gangguan citra tubuh juga mengalami perbaikan. Disimpulkan bahwa akupresur titik perikardium 6 (Neiguan) dapat menjadi intervensi pendamping yang aman, sederhana, dan minim efek samping untuk membantu mengurangi mual, muntah, dan *retching*. Serta, implementasi ini diharapkan dapat membantu menurunkan keluhan CINV pada pasien kanker ovarium post kemoterapi.

Kata Kunci: kanker ovarium, kemoterapi, nausea, Akupresure Perikardium 6

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***Nursing Care for Mrs. S, a 34-Year-Old Patient with Stage I Ovarian Cancer
Following the Fifth Cycle of Chemotherapy: Application of Pericardium 6
(Neiguan) Acupressure for Nausea Management in the Obstetric
Inpatient Ward of Dr. M. Djamil General Hospital, Padang***

ABSTRACT

Chemotherapy is the main treatment for ovarian cancer; however, it frequently causes chemotherapy-induced nausea and vomiting (CINV). CINV requires appropriate management because it may lead to dehydration, malnutrition, and electrolyte imbalance. This Final Scientific Paper aimed to implement comprehensive nursing care through pharmacological therapy combined with an evidence-based nursing intervention, namely Pericardium 6 (Neiguan) acupressure, to reduce nausea, vomiting, and retching. The method used was a case study employing the nursing process approach, including assessment, nursing diagnosis, intervention, implementation, and evaluation. The subject was Mrs. S, a 34-year-old woman with stage I ovarian cancer who had completed the fifth cycle of chemotherapy and was hospitalized at Dr. M. Djamil General Hospital, Padang. The nursing diagnoses established were nausea, fatigue, and disturbed body image. P6 acupressure therapy was administered for three consecutive days, while nausea, vomiting, and retching were evaluated using the Rhodes Index of Nausea, Vomiting and Retching (RINVR). The results showed a reduction in the RINVR score from 18 (severe nausea and vomiting) at baseline to 10 (moderate nausea and vomiting) after three days of intervention. This improvement was accompanied by increased appetite, better overall physical condition, reduced fatigue, and improvement in body image disturbance. It can be concluded that Pericardium 6 (Neiguan) acupressure is a safe, simple, and low-risk complementary intervention that may help reduce nausea, vomiting, and retching in patients undergoing chemotherapy. Furthermore, the implementation of this intervention is expected to help alleviate CINV symptoms in post-chemotherapy patients with ovarian cancer.

Keywords: ovarian cancer, chemotherapy, nausea, Pericardium 6 acupressure

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