

# Analisis praktik klinik keperawatan kesehatan masyarakat perkotaan pada pasien kanker payudara pasca mastektomi + tram flap di ruang rawat bedah Gedung A RSUPN Cipto Mangunkusumo Jakarta = The analysis of the clinical practice of urban health nursing Patient with Post Mastectomy following breast cancer + TRAM Flap in the surgical ward Building A RSUPN Cipto Mangunkusumo Jakarta

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## Abstrak

[<b>ABSTRAK</b><br> Kanker payudara merupakan masalah kesehatan yang semakin meningkat di daerah urban. Mastektomi radikal modifikasi (MRM) merupakan upaya pengangkatan kanker payudara yang dapat menimbulkan komplikasi berupa kekakuan bahu, penurunan rentang gerak lengan, dan limfedema. Transverse Rectus Abdominis Modification (TRAM) flap merupakan rekonstruksi payudara menggunakan sebagian besar otot abdomen yang berpotensi menyebabkan penurunan kemampuan otot perut dan hernia. Latihan gerak pada lengan dan abdomen bertujuan meningkatkan rentang gerak sehingga tidak terjadi kekakuan lengan dan abdomen, serta mencegah limfedema dan hernia. Perawat perlu mengedukasi latihan rentang gerak lengan dan abdomen pasca MRM dan TRAM flap agar kualitas hidup semakin meningkat.<b>ABSTRACT</b><b> Breast cancer is a health problem that the prevalence is increasing in urban areas. Modified radical mastectomy (MRM) is the treatment of breast cancer that can cause complications such as shoulder stiffness, decreased range of motion of the arms, and lymphedema. Modification transverse rectus abdominis (TRAM) flap is a breast reconstruction using abdominal muscles that potentially can cause a decrease in the ability of the abdominal muscle and hernia. The exercise of motion in the arm and abdomen aims to improve the range of motion in order to avoid stiffness of the arms and abdomen, as well as to prevent lymphedema and hernia. Nurses need to promote the range of motion exercises for the arms and abdomen following MRM and TRAM flap to improve the quality of life.;Breast cancer is a health problem that the prevalence is increasing in urban areas. Modified radical mastectomy (MRM) is the treatment of breast cancer that can cause complications such as shoulder stiffness, decreased range of motion of the arms, and lymphedema. Modification transverse rectus abdominis (TRAM) flap is a breast reconstruction using abdominal muscles that potentially can cause a decrease in the ability of the abdominal muscle and hernia. The exercise of motion in the arm and abdomen aims to improve the range of motion in order to avoid stiffness of the arms and abdomen, as well as to prevent lymphedema and hernia. Nurses need to promote the range of motion exercises for the arms and abdomen following MRM and TRAM flap to improve the quality of life., Breast cancer is a health problem that the prevalence is increasing in urban areas. Modified radical mastectomy (MRM) is the treatment of breast cancer that can cause complications such as shoulder stiffness, decreased range of motion of the arms, and lymphedema. Modification transverse rectus abdominis (TRAM) flap is a breast reconstruction using abdominal muscles that potentially can cause a decrease in the ability of the abdominal muscle and hernia. The exercise of motion in the arm and abdomen aims to improve the range of motion in order to avoid stiffness of the arms and abdomen, as well as to prevent lymphedema and hernia. Nurses need to promote the range of motion exercises for the arms and abdomen following MRM and TRAM flap to improve the quality of life.]</b>