

Asuhan keperawatan pada lansia dengan nyeri kronik melalui: Physical Exercise Program PEP = Nursing care in elderly with chronic pain through Physical Exercises Program PEP

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Abstrak

Nyeri kronik pada sendi dapat menimbulkan dampak negatif bagi kehidupan lansia, seperti mengganggu aktivitas keseharian dan mobilitas. Karya ilmiah ini bertujuan menganalisis hasil praktik klinik pada nenek W (82 tahun) dengan masalah nyeri kronik pada sendi menggunakan intervensi physical exercises program (PEP). Praktik dilakukan di PSTW Budi Mulia 1 Cipayung selama tujuh minggu dengan melakukan intervensi PEP kepada tiga lansia dengan nyeri kronik. Pengkajian nyeri menggunakan pendekatan PQRST, observasi, dan instrumen numeric rating scale (NRS). PEP yang dilakukan terdiri dari latihan kekuatan otot, stretching, pergerakan sendi, dan keseimbangan. Setelah melakukan latihan, dilakukan refleksi, tanya jawab, dan revision. Hasil intervensi keperawatan selama empat minggu dengan jumlah latihan delapan kali yaitu tingkat nyeri berkurang, dari skala enam ke skala empat, intensitas pelaporan nyeri berkurang, dan keinginan nenek W melakukan aktivitas meningkat, meskipun memerlukan bantuan. Pemberi asuhan diharapkan melakukan PEP kepada lansia dengan nyeri kronik dua kali dalam seminggu untuk menurunkan tingkat nyeri lansia di panti.

Chronic pain in joints can cause a negative impact for elderly, such as disrupted daily activities and impaired mobility. This scientific work aimed to analyze the results of clinical practice in Nenek W (82 years old) with chronic pain using physical exercises program (PEP) as interventions. Clinical practice carried out in PSTW Budi Mulia 1 Cipayung for seven weeks with PEP as interventions in three elderly with chronic pain. Pain assessment using PQRST approach, observation, and numeric rating scale instrument. PEP in this scientific work consist of strenght training, stretching, joint mobility, and balance. After doing the exercises, do reflection, discussing, and revision. The results of nursing interventions for four weeks, with eight time of exercises, made the level of pain decreased. For scale of six to four. Nenek W was reporting reduced pain intensity, and desire nenek W to do some activity increased although still need help. Caregiver is expected to do PEP to the elderly with chronic pain, twice a week, to lower elderly pain level in PSTW.