

## Pengalaman orang tua mengelola nyeri pada anak kanker yang menjalani perawatan paliatif = Parents voice in managing the pain of children with cancer during palliative care / Rina Mariyana

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### Abstrak

#### **ABSTRAK**

Pengalaman Orang Tua dalam Mengelola Nyeri Anak Kanker yang Menjalani Perawatan Paliatif Nyeri yang dirasakan anak dapat memengaruhi tumbuh kembang anak. Penelitian ini bertujuan untuk memperoleh pengalaman ibu dalam mengelola nyeri yang dirasakan anak kanker yang menjalani perawatan paliatif. Penelitian ini menggunakan metode kualitatif deskriptif fenomenologi. Pengambilan data melalui wawancara pada orang tua yang memiliki anak dengan diagnosis kanker dimana terdapat 8 partisipan di wilayah Jakarta, Bekasi dan Tangerang yang diambil dengan cara Snowball. Data dikumpulkan melalui in depth interview pada setiap partisipan, sampai data mengalami saturasi. Pengolahan data menggunakan metode analisis collaizi Hasil penelitian mengidentifikasi 8 tema yaitu 1 Dimensi nyeri anak dengan perawatan paliatif, 2 Respon psikologi dan fisik ibu, 3 Respon emosional ibu, 4 Hambatan ibu dalam mengatasi nyeri, 5 . Tindakan ibu dalam mengurangi nyeri, 6 Upaya ibu dalam mengalihkan nyeri, 7 . Memberikan penguatan pada anak saat nyeri dan 8 Usaha dan doa untuk menyenangkan anak. Kesimpulan penelitian adalah nyeri merupakan keluhan yang berdampak pada stres yang dialami ibu yang dapat memengaruhi kehidupan ibu dan anak. Perawat perlu memberikan informasi serta perawatan yang efektif pada anak dan orang tua yang mengalami nyeri kanker. Kata kunci Kanker, Nyeri, Anak, perawatan Paliatif.

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#### **ABSTRACT**

Parents voice in managing the pain in children with cancer treated for palliative care Pain experienced by children can adversely affect their growth and development. Pain is a major health problem for cancer patients and remains an unresolved problem. The study aims to know how the experiences of mothers managing their children's pain during palliative care following cancer diagnosis. Using qualitative methods within a descriptive phenomenological approach, in depth interviews were conducted with parents mostly mothers of eight children diagnosed with cancer. The data were collected using the snowball sampling method. Analysis of the results identified eight themes 1 The dimensions of pain experienced by children undergoing palliative care 2 Mothers' physical and psychological responses 3 Mothers' emotional responses 4 Barriers encountered by mothers when taking care of their child at home 5 Mothers' interventions to reduce their child's pain 6 Mothers' efforts to distract their child from pain 7 Giving encouragement when the child is in pain and 8 Mothers' efforts and prayers to make their child comfort. It can be concluded that the child's pain is the main cause of mothers' stress and pressure and also affects the daily lives of mothers and children. Along with the most effective intervention, nurses need to provide mothers and children with adequate information about cancer pain. Keywords Cancer, pain, child, Palliative care