

## ABSTRAK

### **PENERAPAN TEKNIK RELAKSASI NAPAS DALAM PADA PASIEN PRE OPERASI ORIF CLOSED FRAKTUR 1/3 DISTAL FEMUR DEXTRA DI KAMAR OK RSUP DR. TADJUDDIN CHALID MAKASSAR**

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**Latar Belakang** Fraktur atau patah tulang adalah kondisi dimana terputusnya kontinuitas jaringan tulang dan atau tulang rawan secara sempurna atau sebagian yang disebabkan oleh rudapaksa atau osteoporosis. Fraktur disebabkan oleh trauma atau tenaga fisik, kecelakaan, baik kecelakaan kerja maupun kecelakaan lalu lintas. Fraktur lebih sering terjadi pada laki-laki daripada perempuan dengan umur dibawah 45 tahun dan sering berhubungan dengan olahraga, pekerjaan dan kecelakaan.

**Metode** Studi kasus ini menggunakan metode observasi mengenai prosedur operasi dan deskriptif dari studi kasus dan pendekatan proses keperawatan.

**Hasil** Pada studi kasus ini didapatkan hasil setelah dilakukan pengkajian sampai diberikan intervensi keperawatan selama 1x5 jam, maka closed fraktur 1/3 distal femur dextra teratasi dengan dilakukan tindakan operasi ORIF.

**Kesimpulan** Berdasarkan hasil pembahasan terhadap hasil studi kasus dan asuhan keperawatan yang diberikan, maka dapat disimpulkan bahwa diagnosa keperawatan yang diambil pada kasus closed fraktur femur dextra dengan tindakan ORIF di ruangan Kamar OK RSUP Dr, Tadjuddin Chalid makassar pada pre post yakni nyeri akut dan ansietas.

**Kata kunci : Fraktur, Fraktur Femur, Tindakan ORIF.**

## **ABSTRACT**

### **APPLICATION OF DEEP BREATHING RELAXATION TECHNIQUE IN PRE-OPERATION PATIENTS OF CLOSED ORIF FRACTURE 1/3 DISTAL FEMUR DEXTRA IN THE RESTRICTORY ROOM OF DR. TADJUDDIN CHALID HOSPITAL MAKASSAR**

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*Background Fracture or broken bone is a condition where the continuity of bone tissue and or cartilage is completely or partially broken caused by rape or osteoporosis. Fractures are caused by trauma or physical force accidents, both work accidents, running, accidents. Traffic. Erectura occurs more often in men than women. With age under 45 years and often related to sports, work and accidents.*

*This case study method uses observational methods regarding operational procedures and descriptive of case studies and nursing process approaches.*

*Results In this case study, the results obtained after an assessment was carried out and nursing intervention was given for 1x5 hours, then the closed fracture of 1/3 distal femur right was resolved by performing ORIF surgery.*

*Results In this case study, the results obtained after an assessment was carried out and nursing intervention was given for 1x5 hours, then the closed fracture of 1/3 distal femur right was resolved by performing ORIF surgery. Conclusion Based on the results of the discussion of the results of the case study and the nursing care provided, it can be concluded that the nursing diagnosis taken in the case of closed fracture of the right femur with ORIF action in the OK Room of Dr. Tadjuddin Chalid General Hospital, Makassar in the pre-post period was acute pain and anxiety.*

*Keywords: Fracture, Femur Fracture, ORIF Procedure*