

ABSTRAK

Serliana Bine¹; Samsualam²; Eliati Paturungi³

¹Mahasiswa Profesi Ners, Fakultas Kesehatan Masyarakat, Universitas Muslim Indonesia Makassar

²Program Studi Profesi Ners, Fakultas Kesehatan Masyarakat, Universitas Muslim Indonesia Makassar

³Program Studi Ilmu Keperawatan, Fakultas Kesehatan Masyarakat, Universitas Muslim Indonesia Makassar

Latar Belakang: Vertigo sering disertai nyeri kepala yang mengganggu aktivitas sehari-hari dan menurunkan kualitas hidup pasien. Penatalaksanaan nonfarmakologis seperti terapi bekam semakin banyak digunakan sebagai upaya untuk mengurangi nyeri dan keluhan vertigo. Pendekatan asuhan keperawatan dengan standar SDKI, SIKI, dan SLKI diperlukan untuk memberikan intervensi yang sistematis dan terukur.

Tujuan: Untuk mengetahui gambaran asuhan keperawatan pada pasien dengan masalah Nyeri Akut menggunakan standar SDKI, SIKI, dan SLKI, serta efektivitas intervensi bekam dalam menurunkan intensitas nyeri.

Metode: Penelitian ini menggunakan metode studi kasus pada seorang pasien (Ny. A) yang mengalami vertigo dan nyeri kepala. Asuhan keperawatan dilakukan melalui pengkajian, penetapan diagnosis, intervensi, implementasi, dan evaluasi sesuai SDKI, SIKI, dan SLKI. Intervensi nonfarmakologis berupa terapi bekam dilakukan pada titik-titik spesifik sesuai keluhan pasien, disertai edukasi teknik relaksasi dan peregangan otot.

Hasil: Setelah dilakukan terapi bekam dan edukasi, intensitas nyeri pasien menurun dari skala 5/10 menjadi 2–3/10, frekuensi serangan vertigo berkurang, pasien tampak lebih rileks, serta mampu mengidentifikasi pencetus dan melakukan teknik relaksasi secara mandiri.

Kesimpulan: Penerapan asuhan keperawatan berbasis SDKI, SIKI, dan SLKI dengan intervensi nonfarmakologis berupa terapi bekam efektif membantu menurunkan intensitas nyeri dan frekuensi serangan vertigo pada pasien, serta meningkatkan kenyamanan dan kemandirian pasien dalam mengelola keluhannya.

Kata Kunci : Bekam, Vertigo

ABSTRACT

Serliana Bine¹; Samsualam²; Eliati Paturungi³

¹*Nursing Profession Student, Faculty of Public Health, Muslim University of Indonesia
Makassar*

²*Nurse Professional Study Program, Faculty of Public Health, Indonesian Muslim
University Makassar*

³*Nursing Study Program, Faculty of Public Health, Indonesian Muslim University
Makassar*

Background: Vertigo is often accompanied by headaches that interfere with daily activities and decrease the patient's quality of life. Non-pharmacological management such as cupping therapy is increasingly used as an effort to reduce pain and vertigo complaints. A nursing care approach with SDKI, SIKI, and SLKI standards is needed to provide systematic and measurable interventions.

Objective: To determine the picture of nursing care in patients with Acute Pain problems using SDKI, SIKI, and SLKI standards, as well as the effectiveness of cupping interventions in reducing pain intensity.

Methods: This study used a case study method on a patient (Mrs. A) who experienced vertigo and headache. Nursing care is carried out through assessment, diagnosis, intervention, implementation, and evaluation in accordance with SDKI, SIKI, and SLKI. Non-pharmacological interventions in the form of cupping therapy are carried out at specific points according to the patient's complaints, accompanied by education on relaxation techniques and muscle stretching.

Results: After cupping therapy and education, the patient's pain intensity decreased from a scale of 5/10 to 2–3/10, the frequency of vertigo attacks decreased, the patient appeared more relaxed, and was able to identify the trigger and perform relaxation techniques independently.

Conclusion: The application of nursing care based on SDKI, SIKI, and SLKI with non-pharmacological interventions in the form of cupping therapy effectively helps reduce the intensity of pain and the frequency of vertigo attacks in patients, as well as increase the comfort and independence of patients in managing their complaints.

Keywords: Attack Frequency, Vertigo