

Abstrak

PENGARUH MANAJEMEN NYERI TERHADAP TINGKAT NYERI PADA PASIEN KOLIK ABDOMEN DI RUANGAN IGD RSUD LABUANG BAJI MAKASSAR

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Latar Belakang: Nyeri kolik abdomen adalah masalah umum di Instalasi Gawat Darurat (IGD). Penatalaksanaan nyeri abdomen seringkali didominasi oleh terapi farmakologi, padahal terapi nonfarmakologi juga efektif dalam menurunkan nyeri. **Tujuan:** Menganalisis efektivitas manajemen nyeri terhadap penurunan nyeri pada pasien kolik abdomen di IGD RSUD Labuang Baji Makassar.

Metode: Studi kasus dengan pendekatan keperawatan selama 1x8 jam di RSUD Labuang Baji Makassar. Pengumpulan data dilakukan melalui wawancara, observasi langsung, dan pemeriksaan fisik. Intervensi keperawatan meliputi manajemen nyeri dan kompres hangat. **Hasil:** Setelah dilakukan implementasi selama 8 jam, masalah nyeri pada pasien menunjukkan penurunan. Pasien mengatakan nyeri perutnya menurun dari skala 5 menjadi skala 3. Klien sudah tidak tampak meringis dan tampak rileks. Tanda-tanda vital menunjukkan hasil yang relatif stabil. **Kesimpulan:** Tindakan keperawatan mampu mengatasi nyeri kolik abdomen secara efektif. Pendekatan komprehensif diperlukan dalam memberikan asuhan keperawatan, termasuk pencegahan defisit nutrisi dan dukungan psikologis.

Kata Kunci: Kolik abdomen, manajemen nyeri

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THE EFFECT OF PAIN MANAGEMENT ON PAIN LEVELS IN PATIENTS WITH ABDOMINAL COLIC IN THE EMERGENCY ROOM OF LABUANG BAJI HOSPITAL MAKASSAR

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Background: Abdominal colic pain is a common problem in the Emergency Department (ED). The management of abdominal pain is often dominated by pharmacological therapy, even though non-pharmacological therapies are also effective in reducing pain. **Objective:** To analyze the effectiveness of pain management in reducing pain in patients with abdominal colic in the ED of RSUD Labuang Baji Makassar. **Method:** A case study with a nursing approach was conducted for 1x8 hours at RSUD Labuang Baji Makassar. Data collection was done through interviews, direct observation, and physical examination. Nursing interventions included pain management and warm compresses. **Results:** After 8 hours of implementation, the pain problem in patients showed a decrease. Patients reported that their abdominal pain decreased from a scale of 5 to a scale of 3. The patients no longer appeared to grimace and appeared relaxed. Vital signs showed relatively stable results. **Conclusion:** Nursing actions are able to effectively overcome abdominal colic pain. A comprehensive approach is needed in providing nursing care, including preventing nutritional deficits and providing psychological support.

Keywords: **Abdominal colic, pain management**

