

**PROGRAM STUDI PROFESI NERS
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Aplikasi *Ice Cold Pack* pada Pasien Post Operasi ORIF dengan Masalah Keperawatan Nyeri Akut Di Ruang Dahlia RSUD Arifin Achmad Provinsi Riau

xiii + 52 Halaman + 4 Tabel + 4 Lampiran

ABSTRAK

Fraktur merupakan kondisi patahnya tulang yang sering memerlukan prosedur pembedahan seperti *Open Reduction and Internal Fixation* (ORIF). Tindakan ini dapat menimbulkan nyeri akut pasca operasi, terutama dalam tiga hari pertama. Salah satu metode nonfarmakologis yang efektif dalam mengatasi nyeri adalah terapi kompres dingin menggunakan *ice cold pack*, yang memiliki keunggulan dibandingkan es batu karena dapat digunakan berulang. Penerapan ini merupakan studi deskriptif berbasis *Evidence Based Practice* (EBP) menggunakan pendekatan asuhan keperawatan. Penerapan dilakukan pada dua pasien post operasi ORIF dengan keluhan nyeri akut di Ruang Dahlia RSUD Arifin Achmad Provinsi Riau. Aplikasi *ice cold pack* diberikan satu kali sehari selama 15 menit, selama tiga hari berturut-turut. Data dikumpulkan melalui observasi skala nyeri menggunakan *Numeric Rating Scale* (NRS) dan respon nyeri non-verbal. Setelah penerapan, terjadi penurunan skala nyeri secara bertahap dari skala 5–6 (nyeri sedang) menjadi skala 2–3 (nyeri ringan). Respon nyeri non-verbal seperti meringis dan sikap protektif juga berkurang. Pasien melaporkan peningkatan kenyamanan, tidur lebih nyenyak, dan toleransi terhadap kemampuan mobilisasi awal meningkat. Penerapan *ice cold pack* terbukti memberikan efek analgesik lokal melalui mekanisme vasokonstriksi dan penghambatan mediator inflamasi. Hasil ini sejalan dengan literatur dan penelitian sebelumnya yang menyatakan bahwa terapi kompres dingin efektif dalam mengurangi nyeri pascaoperasi fraktur. Terapi ini juga mudah diterapkan, noninvasif, dan *cost-effective*.

Kata kunci : *Ice Cold pack*, Nyeri Akut, ORIF
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Application of Ice Cold Pack on Post-ORIF Surgery Patients with Acute Pain Nursing Problems in Dahlia Ward, Arifin Achmad General Hospital, Riau Province

xiii + 52 Pages + 4 Tables + 4 Appendices

ABSTRACT

Fracture is a condition of bone breakage that often requires surgical procedures such as Open Reduction and Internal Fixation (ORIF). This action can cause acute postoperative pain, especially in the first three days. One effective non-pharmacological method in managing pain is cold compress therapy using an ice cold pack, which has advantages over ice cubes because it can be used repeatedly. This application is a descriptive study based on Evidence Based Practice (EBP) using a nursing care approach. The application was carried out on two post-ORIF surgery patients with acute pain complaints in the Dahlia Room of Arifin Achmad Hospital, Riau Province. Ice cold pack application was given once a day for 15 minutes, for three consecutive days. Data were collected through observation of pain scales using the Numeric Rating Scale (NRS) and non-verbal pain responses. After the application, there was a gradual decrease in pain scale from scale 5-6 (moderate pain) to scale 2-3 (mild pain). Non-verbal pain responses such as wincing and protective posture also decreased. Patients reported increased comfort, slept more soundly, and tolerance to early mobilization increased. The application of ice cold pack was proven to provide local analgesic effects through vasoconstriction and inhibition of inflammatory mediators. These results are in line with literature and previous studies which stated that cold compress therapy is effective in reducing post-operative pain in fractures. This therapy is also easy to apply, non-invasive, and cost-effective.

Keywords : Ice Cold Pack, Acute Pain, ORIF
References : 26 (2017–2025)