

**PROGRAM STUDI PROFESI NERS
FAKULTAS KEPERAWATAN
INSTITUT KESEHATAN PAYUNG NEGERI PEKANBARU
Karya Ilmiah Berbasis Evidence Based Practice, September 2026**

**NURHALIZA
25511010**

Penerapan *Guided Imagery* Untuk Mengatasi Nyeri Akut Pada Pasien Post Op Mastektomi Di Ruangan Dahlia Rsud Arifin Achmad Provinsi Riau

xii + 64 Halaman + 8 Tabel + 2 Gambar + 5 Lampiran

ABSTRAK

Pada penderita kanker payudara yang sudah dilakukan post op mastektomi biasanya akan timbul efek nyeri. Nyeri merupakan pengalaman sensorik yang tidak menyenangkan dan menimbulkan rasa sakit. Manajemen nyeri non farmakologi bisa diterapkan dalam menghilangkan rasa nyeri, dengan teknik *guided imagery*. Studi kasus ini bertujuan untuk mengetahui efektivitas penerapan terapi *guided imagery* dalam mengurangi intensitas nyeri akut pada pasien *post-op mastectomy*. Metode yang digunakan adalah studi kasus asuhan keperawatan *Evidence-Based Nursing (EBN)*, yang di terapkan kepada dua pasien dengan nyeri akut di Ruang Dahlia RSUD Arifin Achmad Provinsi Riau. Terapi diberikan selama tiga hari berturut-turut dengan masing-masing 10 menit, pasien *post-op mastectomy* yang mengalami nyeri dengan skala 4-6 dan pasien kanker payudara yang menjalani tindakan mastektomi. Hasil studi kasus menunjukkan bahwa sebelum diberikan intervensi tingkat nyeri Ny. N yaitu 6 (nyeri sedang) dan Ny. S skala nyeri 5 (nyeri sedang), kemudian sesudah diberikan intervensi tingkat nyeri Ny. N turun menjadi 3 dan Ny. S tingkat nyeri menjadi 2 (nyeri ringan). Kesimpulan yang didapat dari kedua pasien bahwa penerapan terapi *guided imagery* mampu menurunkan tingkat nyeri pada pasien *post-op mastectomy*. Terapi ini terbukti efektif sebagai intervensi non-farmakologis yang dapat mengurangi skala nyeri dan dapat direkomendasikan sebagian dari asuhan keperawatan rutin bagi pasien ca mammae dengan nyeri akut *post-op mastectomy*.

Kata Kunci : Guided Imagery , Post op mastektomi , Nyeri akut
Daftar Bacaan : 25 (2019-2026)

**NERS STUDY PROGRAM
FACULTY OF NURSING
INSTITUT KESEHATAN PAYUNG NEGERI PEKANBARU
Evidence Based Practice, September 2026**

**NURHALIZA
25511010**

The Application of Guided Imagery to Manage Acute Pain in Post-Mastectomy Patients in the Dahlia Ward at Arifin Achmad Regional General Hospital, Riau Province

xii + 64 Halaman + 8 Tabel + 2 Gambar + 5 Lampiran

ABSTRACT

In patients with breast cancer who have undergone postoperative mastectomy, pain commonly occurs as a postoperative effect. Pain is an unpleasant sensory experience that causes discomfort. Non-pharmacological pain management can be implemented to relieve pain, one of which is guided imagery. This case study aimed to determine the effectiveness of guided imagery therapy in reducing the intensity of acute pain in post-mastectomy patients. The method used was a case study based on Evidence-Based Nursing (EBN) nursing care, which was implemented in two patients experiencing acute pain in the Dahlia Ward of Arifin Achmad Regional General Hospital, Riau Province. The therapy was administered for three consecutive days, with each session lasting 10 minutes. The inclusion criteria were post-mastectomy patients experiencing pain with a pain scale of 4–6 and breast cancer patients undergoing mastectomy. The results of the case study showed that, before the intervention, Mrs. N had a pain intensity of 6 (moderate pain), while Mrs. S had a pain intensity of 5 (moderate pain). After the intervention, Mrs. N's pain intensity decreased to 3, while Mrs. S's pain intensity decreased to 2 (mild pain). The conclusion drawn from the two patients was that the implementation of guided imagery therapy was able to reduce pain intensity in post-mastectomy patients. This therapy was shown to be effective as a non-pharmacological intervention for reducing pain intensity and can be recommended as part of routine nursing care for patients with breast cancer experiencing acute pain following mastectomy.

Keywords : Guided imagery, post-mastectomy, acute pain

References : 25 (2019-2025)