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Asuhan Keperawatan Pada Pasien Nyeri Post Op Orif Fraktur Femur Dengan Penerapan Teknik Distraksi Musik Klasik *Mozart* di Ruang Edelweis RSUD Arifin Achmad Prov Riau

Xii + 30 Halaman + 7 Tabel + 4 Lampiran

ABSTRAK

Nyeri paska operasi ORIF (*Open Reduction and Internal Fixation)* pada fraktur femur merupakan masalah yang sering dialami pasien dan dapat mengganggu kenyamanan, pemulihan, serta fungsi aktivitas sehari-hari. Penatalaksanaan nyeri tidak hanya dilakukan secara farmakologis tetapi juga dengan pendekatan nonfarmakologi, salah satunya penerapan teknik distraksi musik klasik *mozart*. Laporan karya ilmiah ini bertujuan menjelaskan asuhan keperawatan pada pasien nyeri post op Orif fraktur femur melalui penerapan teknik distraksi musik klasik *mozart* di Ruang Edelweis RSUD Arifin Achmad Provinsi Riau. Metode yang digunakan adalah studi kasus berbasis *Evidence Based Practice* dengan dua pasien post operasi fraktur femur hari kedua yang memenuhi kriteria inklusi. Intervensi diberikan selama tiga hari, satu kali sehari, selama 15 menit. Pengukuran nyeri menggunakan *Numeric Rating Scale* (NRS) sebelum dan sesudah tindakan. Hasil menunjukkan adanya penurunan skala nyeri dari tingkat sedang (skala 6) menjadi ringan (skala 4) setelah tiga kali penerapan terapi. Pasien terlihat lebih rileks, meringis berkurang, dan tanda vital membaik. Penerapan teknik distraksi musik klasik *mozart* terbukti membantu mengurangi intensitas nyeri dan dapat dijadikan intervensi keperawatan nonfarmakologi dalam manajemen nyeri post operasi fraktur femur ortopedi.

Kata Kunci : Orif, musik klasik *mozart*, fraktur femur
Daftar Pustaka : 25 (2019-2024)

NERS PROGRAM STUDY
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"Nursing Care for Post-Orif Femoral Fracture Patients with the Application of Mozart's Classical Music Distraction Technique in the Edelweis Ward of Arifin Achmad Regional Hospital, Riau Province"

Xii + 30 Pages + 7 Tables + 4 Attachments

ABSTRACT

Post operative pain following Open Reduction and Internal Fixation (ORIF) of femoral fractures is a common issue that can interfere with patient comfort, recovery, and daily functioning. Pain management can be carried out not only pharmacologically but also through nonpharmacological approaches, one of which is the mozart's classical music distraction technique. This final report aims to describe nursing care for patients with post-ORIF pain through the application of mozart's classical music therapy in the Edelweis Room of Arifin Achmad Regional Hospital, Riau Province. The method used was a case study based on Evidence-Based Practice involving two postoperative femur fracture patients on the second day who met the inclusion criteria. The intervention was administered for three days, once daily, for 15 minutes. Pain intensity was measured using the Numeric Rating Scale (NRS) before and after the intervention. The results showed a decrease in pain intensity from moderate (score 6) to mild (score 4) after three sessions of therapy. Patients appeared more relaxed, facial grimacing decreased, and vital signs improved. The application of the Mozart classical music distraction technique proved effective in reducing pain intensity and can serve as a nonpharmacological nursing intervention in managing postoperative orthopedic pain.

Keywords : Orif, mozart's classical music, femur fracture
Reference : 25 (2019-2024)