

Analisis asuhan keperawatan klien meningioma dan penerapan deep breathing terhadap nyeri kepala (sefalgia) = Analysis of Nursing Care for Meningioma Clients and Application of Deep Breathing to Headache (Cephalgia)

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Abstrak

Meningioma salah satu tumor otak yang cukup sering terjadi. Tumor ini berada di area meninges dan gejala umum yang dihadapi penderita tumor otak yaitu sakit kepala. Perawat memiliki peran penting dalam manajemen nyeri non farmakologi. Salah satu yang umum yaitu teknik relaksasi napas dalam (*deep breathing*). **Tujuan**: mengurangi sakit kepala pada penderita meningioma dengan teknik relaksasi napas dalam. **Metode**: teknik relaksasi napas dalam dimulai dengan menghirup udara dari hidung sampai dada berkembang penuh. Lalu dikeluarkan melalui mulut secara perlahan-lahan. Teknik ini dilakukan sebanyak 6x/menit dan selama 2 menit. Pengukuran nyeri menggunakan *numeric rating scale* dan pengukuran tekanan darah, nadi, dan napas sebelum dan sesudah tindakan. **Hasil**: setelah dilakukan 4 hari intervensi teknik ini berhasil menurunkan skala nyeri baik secara subjektif maupun objektif. Dari skala nyeri 4 menjadi skala nyeri 1. Hal ini di dukung juga dengan penurunan tekanan darah, nadi, dan kecepatan napas. **Kesimpulan**: pemberian obat antiedema disertai teknik relaksasi napas dalam efektif dalam menurunkan sakit kepala penderita tumor otak.

Meningioma is one of the brain tumors that is quite common. This tumor is in the area of meninges and a common symptom faced by people with brain tumors is headache. Nurses have an important role in non-pharmacological pain management. One of them is the deep breathing relaxation technique. **Aim**: to reduce headaches in patients with deep breathing relaxation techniques. **Methods**: Deep breathing relaxation techniques begin by breathing air from the nose until the chest is expanded full. Then it is released by mouth slowly. This technique is done as much as 6x / minute and for 2 minutes. Pain measurement uses a numeric rating scale, then measurements of blood pressure, pulse, and breath performed before and after the action. **Result**: after 4 days of intervention, this technique succeeded in reducing the scale of pain both subjectively and objectively. From the scale of pain 4 to 1. This is also supported by a decrease in blood pressure, pulse and respiration rate. **Conclusions**: the administration of anti-edema drugs accompanied by deep breathing relaxation techniques was effective in reducing headaches of patients with brain tumors.