

# Penerapan Manajemen Nyeri Menggunakan Aromaterapi Lavender pada Pasien dengan Tumor Distal Common Bile Duct Post Laparotomy Double Bypass di ICU Rumah Sakit = Application of Pain Management Using Lavender Aromatherapy in Patients with Distal Common Bile Duct Tumors Post Double Bypass Laparotomy in the Hospital ICU

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## Abstrak

Pembedahan mayor abdomen yang berhubungan dengan kanker Cholangiocarcinoma (CCA) seringkali dikaitkan dengan kejadian perawatan ICU pasca pembedahan dan mengakibatkan intensitas nyeri yang tinggi pasca operasi. Penatalaksanaan nyeri yang tidak optimal dapat berkontribusi pada komplikasi dan memiliki efek buruk pada kesembuhan pasien. Oleh karena itu, diperlukan terapi komplementer yang berfokus pada kenyamanan dan preferensi pasien sebagai bentuk optimalisasi penatalaksanaan nyeri pasien CCA pasca pembedahan abdomen di ICU. Karya Ilmiah Akhir ini bertujuan untuk memaparkan hasil praktik berupa asuhan keperawatan medikal bedah pada pasien tumor distal Common Bile Duct (CBD) post laparotomy double bypass dengan penerapan manajemen nyeri menggunakan aromaterapi lavender di ICU Rumah Sakit. Intervensi ini dilakukan pada pasien usia 25 tahun dengan ikterik obstruktif et causa tumor distal Common Bile Duct (CBD) suspek ganas kesan unresectable. Setelah dilakukan intervensi selama tiga hari, didapatkan kesimpulan bahwa aromaterapi lavender dapat digunakan sebagai intervensi manajemen nyeri non-farmakologi yang menyempurnakan terapi farmakologi dalam menurunkan nyeri pada pasien sadar pasca operasi laparotomy double bypass di ICU.

.....Major abdominal surgery related to Cholangiocarcinoma (CCA) cancer is often associated with post-surgical ICU admission and results in high pain intensity post-surgery. Suboptimal pain management can contribute to complications and have an adverse effect on patient recovery. Therefore, complementary therapy is needed that focuses on patient comfort and preferences as a form of optimizing pain management for CCA patients after abdominal surgery in the ICU. This Final Scientific Work aims to present practical results in the form of medical surgical nursing care for patients with distal Common Bile Duct (CBD) tumors post double bypass laparotomy with the application of pain management using lavender aromatherapy in the ICU Hospital. This intervention was carried out on a 25-year-old patient with obstructive jaundice caused by a distal Common Bile Duct (CBD) tumor, which was suspected to be malignant and unresectable. After three days of intervention, it was concluded that lavender aromatherapy could be used as a non-pharmacological pain management intervention that complements pharmacological therapy in reducing pain in conscious patients after double bypass laparotomy surgery in the ICU.