

ABSTRAK

Latar Belakang : Nyeri adalah bentuk ketidaknyamanan tubuh baik sensori maupun emosional yang berhubungan dengan tanda atau gejala dari kerusakan jaringan tubuh. Tiap tahunnya diperkirakan sebanyak 20% populasi dunia mengalami nyeri, termasuk lansia. Seiring meningkatnya populasi lansia, terjadi pula peningkatan jumlah lansia yang menjalani operasi. Lebih dari 80% pasien yang menjalani operasi mengalami nyeri pascaoperasi, dimana salah satu upaya yang diberikan untuk membantu pemulihannya yaitu pemberian analgesik.

Tujuan : Mengetahui profil terapi nyeri akut pada pasien geriatri pascaoperasi di RSUP Dr. Kariadi Semarang

Metode : Jenis penelitian ini adalah observasional deskriptif menggunakan metode *cross-sectional*. Penelitian dilakukan terhadap 200 data rekam medis pasien geriatri berusia 60-86 tahun yang mendapatkan analgesik pascaoperasi di RSUP Dr. Kariadi Semarang. Kemudian, data dianalisis menggunakan *software* SPSS dengan teknik analisis deskriptif Cross Tabulation.

Hasil : Dalam waktu 24 jam pascaoperasi, sebanyak 143 pasien (71,5%) mengalami nyeri ringan. Dimana, mayoritas modalitas analgesik yang diberikan kepada pasien geriatri pascaoperasi yaitu parasetamol dan kombinasinya, berupa parasetamol dan ketorolac (32,5%) dan kombinasi parasetamol, ketorolac, dan fentanyl (30%). Dari keseluruhan penggunaan modalitas analgesik, 94% pasien tidak mengalami efek samping.

Kesimpulan : Analgesik yang paling banyak digunakan oleh pasien geriatri pascaoperasi adalah kombinasi parasetamol dan ketorolac. Hanya terdapat 1 pasien (0,5%) geriatri yang masih merasakan nyeri berat setelah dilakukan bedah orthopedi dan pemberian kombinasi parasetamol dan ketorolac yang menunjukkan kinerja parasetamol dengan NSAID efektif. Dimana, tingkat kepuasan pasien geriatri terhadap pemberian analgesik pascaoperasi adalah sebesar 65%.

Kata kunci : manajemen nyeri, pascaoperasi, analgesik, geriatri

ABSTRACT

Background : *Pain is a discomfort, both sensory and emotional, related to signs or symptoms of tissue damage. Each year, an estimated 20% of the world's population has pain, including older adults. Along with the increase in the elderly population, there is also an increase in the number of older adults who have surgery. More than 80% of patients who had surgery experienced postoperative pain and were given analgesics as one of the actions to help their recovery.*

Objective : *To identify the profile of acute pain management in postoperative geriatric patients at Dr. Kariadi General Central Hospital Semarang.*

Methods : *The type of this research is descriptive observational using a cross-sectional method. The study observed 200 medical records of geriatric patients aged 60-86 years who received postoperative analgesics at Dr. Kariadi General Central Hospital Semarang. The data were analyzed using SPSS software with a descriptive cross-tabulation analysis technique.*

Results : *Within 24 hours after surgery, 143 patients (71.5%) experienced mild pain. The most used analgesic modalities in geriatric postoperative patients were paracetamol and its combinations, such as paracetamol and ketorolac (32.5%) and a combination of paracetamol, ketorolac, and fentanyl (30%). Through analgesics used, 96% patient did not experience any side effects.*

Conclusion : *The most used analgesics for geriatric patients after surgery are typically a combination of paracetamol and ketorolac. There was only one geriatric patient (0,5%) who experienced severe pain after orthopedic surgery and taking paracetamol and ketorolac together, which indicates that the combination works effectively following WHO recommendations. Moreover, the satisfaction rate among geriatric patients with post-operative analgesic management was approximately 65%.*

Keywords : *pain management, postoperative, analgesics, geriatrics*