

NURSING CARE FOR MR. W DIAGNOSED WITH HEMORRHOIDS IN THE KEMUNING WARD OF WALED HOSPITAL IN CIREBON REGENCY

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KEYWORDS

Nursing Care, Relaxation Techniques, Hemorrhoids.

ABSTRACT

Hemorrhoids are dilated blood vessels in the anus that originate from the hemorrhoidal plexus, which will cause discomfort resulting in swelling commonly called hemorrhoids or hemorrhoids. The purpose of this study was to describe the identification of nursing care in patients with a medical diagnosis of hemorrhoids in the Kemuning room of Waled Hospital, Cirebon Regency. This research method is a qualitative descriptive research conducted at Waled Hospital. Data was collected through observation, interviews, and medical record documentation studies. The main focus of the research is on the nursing problems that arise, such as acute pain, and the interventions provided, such as relaxation techniques. The results showed that relaxation techniques are one of the effective interventions in reducing acute pain in patients with hemorrhoids. Before the intervention, patients often experience pain with a scale level of 5, which is shown by grimacing expressions. However, after doing relaxation therapy, the patient's pain scale decreased to 3, and the patient's expression seemed calmer. This study implies that non-pharmacological techniques such as relaxation can be a practical companion to pharmacological therapy in pain management in hemorrhoidal patients. Emphasis on holistic and individualized nursing care is essential in improving the quality of care for patients with this medical condition.

INTRODCUTION

Hemorrhoids are dilated blood vessels in the anus that originate from the hemorrhoidal plexus, which will cause discomfort so that swelling occurs, commonly called hemorrhoids or hemorrhoids (Annisa, 2022). Many factors affect the occurrence of hemorrhoids, including the consumption of foods that are low in fiber so that it is difficult to defecate and needs effort when defecating, lack of fluid consumption, the habit of sitting too long, and also due to genetic factors (ANDI, 2022). Hemorrhoids can occur bleeding during defecation, which causes pain around the anus, and if chronic, it can cause anemia (Rohaeti et al., 2022).

Based on data from the WHO (World Health Organization), diseases of the digestive system are pretty dangerous and are the sixth cause of death in the world (Husna et al., 2023). In 2008, around 230 million people in the world experienced hemorrhoids. Meanwhile, according to Riskesdas, Indonesia in 2007 had 12.5 million people who experienced hemorrhoids. Every year, hemorrhoid sufferers continue to grow, even estimated to reach 21.3

million people in 2030. Based on data from the Ministry of Health in 2008, Indonesia had 355 reported cases in every hospital in 33 provinces (Maulana & Wicaksono, 2020). The results of a review of the prevalence of diseases that are often felt by the world community are such as diarrhea, anal fissure, and hemorrhoids that occur in toddlers to adults. Generally, hemorrhoids occur in individuals over 50 years of age, both men and women (Pradiantini & Dinata, 2021).

The role of nurses needs to be improved to assist and provide nursing care to patients (Hiko & Zandrato, 2022). In this case, nurses need to apply their role as promoters and educators to provide health education to patients and families.

Nurses can provide nursing care that educates patients to improve healthy eating patterns, such as high-fiber and low-fat foods. Preventive education can also be provided, such as mobilizing every 4 hours or when sitting for a long time, drinking water at least 2 liters a day, and encouraging patients to exercise regularly (leisurely walking) to reduce the incidence of hemorrhoid risk factors, namely, constipation, long sitting habits, and obesity (Wibowo, H., Erliningsih, Gusman, A., & Syahira, 2018).

Hemorrhoids are normal tissue that exists in everyone, but patients will feel very uncomfortable due to the symptoms they cause (Butar-Butar et al., 2020). Patients who experience hemorrhoids will feel pain (pain) due to straining during defecation and when constipated (difficulty defecating) (DEWI, 2021). Hemorrhoids will cause pain and discomfort during activities for sufferers (RAHAYU, 2022). In addition, the signs and symptoms experienced during hemorrhoids are that individuals will feel itchy, bright red bleeding during defecation, tumors (swelling), and necrosis in the anal area (RAHMAWATI, 2021). Therefore, if hemorrhoids are not treated immediately, bleeding will occur, resulting in iron deficiency anemia and intense pain due to thrombosis (Ediyanto, 2018).

Based on the stated background, this study aims to provide an overview of the implementation of nursing care in patients with a medical diagnosis of hemorrhoids in the kemuning room of Waled Hospital Cirebon Regency. The benefits of this study are to provide a more comprehensive understanding of the practice of adequate and appropriate nursing care in patients with a medical diagnosis of hemorrhoids in the Kemuning room of Wales Hospital, Cirebon Regency; this is expected to improve the quality of health services, reduce the level of discomfort and complications in patients, and provide guidance for health practitioners in providing the best care according to the individual needs of patients. Thus, this study's results are expected to positively contribute to improving the standard of care for patients with hemorrhoids and similar conditions.

RESERACH METHOD

This research used a qualitative approach with case study as the primary method. Data was collected through observation, interviews with patients and healthcare providers, and document analysis such as patient medical records. The type of case study used in this research is a prospective one. This type of case study is needed to find the trend and direction of development of a case. The follow-up is in the form of action research conducted by other competent parties.

RESULT AND DISCUSSION

The results of the assessment by interview and observation, the author found problems complained of with nursing diagnoses of acute pain associated with physical injury agents (surgical procedures). This is based on subjective data from Mr. W's client, who said pain in the hemorrhoidectomy post-op wound, pain such as stabbing and stinging in the anal area. And obtained objective data, the patient looked grimacing, there were post-op scars, a pain scale of 5, moderate general condition, compos mentis consciousness, blood pressure 121/80 mmHg, temperature 36.7C, respiratory frequency 20x / min, pulse 112 x / min, spo2 99%. The intervention given to the patient is pain assessment: identification of pain location, identification of pain scale, characteristics, duration, frequency, quality of pain, TTV observation, providing non-pharmacological techniques to reduce pain, encouraging independent pain monitoring, collaboration on analgetic administration with doctors. Interventions provided to clients are by planning nursing actions contained in the Indonesian Nursing Intervention Standards (SIKI, *Standar Intervensi Keperawatan Indonesia*) guidebook and the Indonesian Nursing Outcome Standards (SLKI, *Standar Luaran Keperawatan Indonesia*).

In patients with a diagnosis of acute pain, the implementation is the same, namely identifying the location of pain, identifying the scale, characteristics, duration, frequency, and quality of pain, observing TTV, providing non-pharmacological techniques to reduce pain using relaxation therapy, recommending self-monitoring of pain, collaborating on analgetic administration with doctors.

As for the results of developmental records for three days before the application of relaxation therapy, the patient said pain, pain scale 5, the patient looked grimacing, and after the application of relaxation therapy, the patient said the pain was reduced, pain scale 2, the patient looked calm. So, relaxation therapy can reduce acute pain. The primary purpose of relaxation therapy is to determine the effectiveness of relaxation techniques in reducing pain. Evaluation is an assessment of the amount of information provided for a predetermined purpose, which states a deliberate and continuous activity involving clients, nurses, and other health team members (Lestari, 2024). Knowledge of health, pathophysiology, and evaluation strategies is needed in this case (Nurhayati & Aisyah, 2015).

CONCLUSION

This study evaluated the effectiveness of relaxation therapy in reducing acute pain in post-operative hemorrhoidectomy patients. Interviews and observations of Mr. W's patients showed that acute pain was related to the surgical procedure, with a pain scale of 5 and physical signs such as grimacing, blood pressure 121/80 mmHg, temperature 36.7°C, respiratory rate 20x/min, pulse 112x/min, and SpO2 99%. Interventions according to the Indonesian Nursing Intervention Standards (SIKI) and Indonesian Nursing Output Standards (SLKI) include pain identification, observation of vital signs, non-pharmacological techniques such as relaxation therapy, and collaboration with doctors for the administration of analgesics. The results of the development showed that after 3 days of relaxation therapy, the patient's pain scale decreased from 5 to 2 and the patient appeared calmer. This proves that relaxation therapy is effective in reducing acute pain in post-operative hemorrhoidectomy patients. The involvement of patients, nurses, and healthcare teams is critical in achieving the goals of this intervention. Knowledge

of health, pathophysiology, and evaluation strategies is also an important factor. This study supports the effectiveness of relaxation therapy in acute pain management.

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