

## **NURSING CARE FOR THE DISCOMFORT DISORDER IN 'S' DIAGNOSED WITH DYSPEPSIA IN THE SANUR ROOM, SUMBER KASIH HOSPITAL, CIREBON CITY**

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### **KEYWORDS**

Nursing Care,  
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### **ABSTRACT**

Dyspepsia is a non-communicable disease that is common around the world, including Indonesia. This disease is often accompanied by discomfort or pain in the upper abdomen which can interfere with the patient's quality of life. This study aims to evaluate the effectiveness of nursing care in patients with dyspepsia diagnosis, especially in meeting the need for a sense of security and comfort through relaxation techniques. This study uses a qualitative method with a prospective case study approach. Data collection techniques include observation, interviews, and documentation studies, which are then comprehensively analyzed. The results showed that after 2x24 hours of nursing treatment with relaxation therapy in patient "S" diagnosed with dyspepsia, a decrease in the pain scale was found from 4 to 2. This shows that relaxation techniques are effective in reducing pain and improving patient comfort. The study implies that the application of relaxation techniques can be one of the effective non-pharmacological interventions in pain management in dyspepsia patients. These findings can be used as a reference in nursing practice to improve the quality of care for patients with similar conditions.

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## **INTRODUCTION**

Dyspepsia is a medical term commonly used to describe complaints of discomfort in the upper abdomen (epigastrium) (Ashari et al., 2022). Clinically, dyspepsia is divided into two major groups, namely dyspepsia caused by organic disorders and functional dyspepsia. (Bayupurnama et al., 2019). WHO (World Health Organization) estimates that the mortality rate from non-communicable diseases will increase to 73% and the morbidity rate from non-communicable diseases to 60% in the world. In Indonesia, dyspepsia ranks 5th out of 10 most common diseases in hospitalized patients and 6th in outpatients (Melina et al., 2023). According to the West Java Health Profile in 2021, dyspepsia patients were included in the top 10 most common diseases, with 30,154 cases (4.9%) among hospitalized patients in West Java (Cirebon, 2020). Meanwhile, dyspepsia cases in Cirebon City are included in the top 10 most common diseases in third place with 23,073 cases (Cirebon, 2020).

Patients who experience dyspepsia are often accompanied by pain or discomfort in the abdomen (Laili, 2020). Pain is a form of discomfort that can be experienced by everyone. Pain

can be a warning of actual or potential threats. However, pain is subjective and highly individualized. A person's response to pain is influenced by various factors such as gender, age, culture and so on.

In line with research (Farhan, 2023) in the title of nursing care for dyspepsia patients with acute pain and the application of deep breath relaxation techniques in the dahlia room of Margono Soekarjo Purwokerto Hospital, it was found that the application of the technique had an influence on reducing pain intensity from scale 4 to 3. Other research conducted by (Abdurakhman et al., 2020) in the title of the effect of warm compress therapy with WWZ (Warm Water Zack) on pain in dyspepsia patients, it was found that there was an effect of WWZ warm compress therapy on dyspepsia patient pain with the results of  $p\text{ value} = 0.000$  and if  $\alpha = 0.05$  then  $p < \alpha$  ( $0.000 < 0.05$ ).

In line with the background presented, the objectives of this research are as follows: (1) Students are able to perform nursing assessments on patient An.S with complaints of pain in the Sanur room of Sumber Kasih Hospital, (2) Students are able to formulate nursing diagnoses on patient An.S in the Sanur room of Sumber Kasih Hospital, and (3) Students are able to provide nursing care to patient An.S with complaints of pain in the Sanur room of Sumber Kasih Hospital. These objectives are crucial as they directly address the identified gap in the nursing care process for dyspepsia patients. By equipping students with the skills to perform thorough assessments, formulate accurate diagnoses, and implement effective nursing care, this research aims to enhance the quality of patient care. Each objective contributes to solving the problem of inadequate pain management and overall comfort in dyspepsia patients, thus improving patient outcomes and advancing nursing practice.

## **RESEARCH METHOD**

This research uses qualitative methods, this type of research uses a case study method. Case study is a research method that describes a characteristic of the population or phenomenon under study. The focus of the phenomenon in this study is the object of research so that it can answer events or phenomena that occur (Nursalam, 2015). The type of case study used in this research is a prospective case study. 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 (Action Research) which is also carried out by other competent parties (Nursalam, 2015).

Data collection techniques through observation, interviews, and documentation studies then use data analysis. Observations were made by paying attention to various aspects relevant to this study. The criteria used in observation include identification of clinical symptoms that appear in dyspepsia patients, evaluation of the patient's response to the therapy given, and recording of data carried out systematically using observation sheets that have been prepared previously. Data was recorded whenever there was a change in the patient's condition or response. Interviews were semi-structured to allow flexibility in exploring deeper information. The selection process of interview participants was carried out based on the inclusion criteria, namely patients with a diagnosis of dyspepsia who had undergone treatment at Sumber Kasih Cirebon Hospital, as well as patients who were willing and able to provide the information needed. The type of questions asked included open questions about the patient's experience related to symptoms, diet, and the effectiveness of the therapy received. The selection of

documents in the documentation study was carried out by considering the relevance and validity of the information contained therein. The documents selected included patients' medical records containing their medical history, examination results, and treatment records, as well as articles and scientific journals related to dyspepsia and its treatment. Document collection was done through access to hospital archives and relevant scientific journal databases. The data collected is in the form of objective data and subjective data, then the researcher compiles a nursing care plan, implements and evaluates the nursing care that has been provided to the client using summative and formative evaluation (Nursalam, 2015).

## **RESULT AND DISCUSSION**

The assessment was carried out on Tuesday, October 31, 2023. The results of the assessment obtained data obtained by the patient said complaining of upper abdominal pain with a pain scale of 4, complaining of dizziness, weakness, nausea. Not eating rice and only eating instant noodles, then the patient fainted at school at 18.00 WIB. The patient has a history of the same disease before and was treated in 2021. The medical therapy given was RL infusion 15 tpm, Ranitidine 2 x 50 mg, Ondansetron 3 x 4 mg.

Based on a study conducted by the author, someone suffering from dyspepsia will experience symptoms such as abdominal pain, nausea and vomiting, no appetite, dry tongue and lip mucosa, it is known that the results of the assessment show that the client experiences these symptoms, so the initial diagnosis states that the client suffers from dyspeptic digestive system disorders based on the similarity of symptoms experienced. Dyspepsia is one type of disease that is not contagious but due to exposure to the disease can cause very high mortality (Sumarni & Andriani, 2019). Dyspepsia is also a health problem that is very often encountered in everyday life, a health complaint related to digestive tract disorders (Bayupurnama et al., 2019).

Based on the results of the assessment on October 31, 2023 the author obtained subjective data that the client said upper abdominal pain, moderate pain with a pain scale of 4, the pain felt like stabbing, the duration was intermittent. The objective data is that the client looks grimacing and restless and there is tenderness, blood pressure 100/90 mmHg, pulse 90 x/minute, respiration 20 x/minute, S: 36.4°C, SPO2: 98%. The author raises the nursing diagnosis of impaired comfort. As for the nursing diagnosis of constipation, the results of the patient's assessment said that he had not defecated since 2 days ago, rarely eating rice, vegetables and fruit. Objective data obtained yaotu bowel noise 12x / minute.

Nursing diagnoses that are enforced on the fulfillment of comfort needs in patients with dyspepsia. Based on the data from the assessment of the client, data were found to establish nursing problems in accordance with the theory (PPNI, 2017). Based on the assessment data on the client found data to establish nursing problems in accordance with the theory nursing diagnoses that arise are disorders of comfort associated with symptoms of the disease (pain) characterized by the disease process (pain). Based on theory, dyspepsia cases in managed patients experience a sense of comfort disorder caused by acute pain, the need for safety and comfort is a state free from physical and psychological human injury that must be fulfilled. (Mardiana Setiawati, 2022). While psychological protection includes protection from threats from new and unfamiliar experiences, and freedom from pain or discomfort.

Implementation is carried out for 2 days, nursing actions taken with the problem of impaired comfort (pain) are identifying the pain scale, teaching nonpharmacological deep breath relaxation techniques to reduce pain, explaining pain relief strategies. One of the implementations carried out by researchers to reduce pain is the deep breath technique, the deep breath relaxation technique is a technique used to suppress pain in the thalamus which is delivered to the cerebri cortex where the cerebri cortex is the center of pain, which aims to allow clients to reduce pain during arising pain. The things that need to be considered during relaxation are that the client must be comfortable, the client's mind must be calm and the environment calm. A relaxed atmosphere can increase endorphin hormones which function to inhibit the transmission of pain impulses along sensory nerves from peripheral nerve nociceptors to the dorsal cornu then to the thalamus, cerebri, and ultimately have an impact on decreasing pain perception (Sari & Maliya, 2016).

Pain management by performing relaxation techniques is a nursing action taken to reduce pain. Relaxation techniques can reduce pain by relaxing muscle tension that supports pain (Wahyudi et al., 2023). Relaxation techniques consist of abdominal breathing with a slow, rhythmic frequency. The patient can close his eyes and breathe slowly and comfortably. (Lambiombir & Widiati, 2024). In line with research conducted (Aini & Reskita, 2018) In line with research conducted (Aini & Reskita, 2018) in his literature study entitled deep breath relaxation techniques on reducing pain intensity in postoperative fracture patients, the results of research from 4 journals state that there is an effect of deep breath relaxation techniques on reducing pain intensity.

Evaluation obtained on the diagnosis of impaired comfort by performing deep breath relaxation which is assessed using a pain scale measurement or Numeric Rating Scale (NRS). The results obtained on the first day of the assessment on October 31, 2023, the patient complained of pain with a pain scale of 4 and decreased on the second day to a scale of 2.

## **CONCLUSION**

This case study found the results of the assessment of basic human needs obtained were pain, so the researchers established a diagnosis of impaired comfort and were given the implementation of relaxation techniques. After nursing care was provided to patient "S" with the fulfillment of basic needs for safety and comfort for 2x24 hours given relaxation therapy, the results of pain decreased so that the problem of impaired comfort in the patient could be resolved.

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