

**NURSING CARE FOR MRS. P WITH POST OVARIAN  
CYST SURGERY IN BOUGENVILE ROOM 2  
DR. SARDJITO HOSPITAL YOGYAKARTA**

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**ABSTRACT**

**Background:** According to the World Health Organization (WHO) in 2020, the number of cases of ovarian cysts was 14,896 cases with mortality rate up to 9,581 people, while in Indonesia in 2018 there were 13,310 cases with mortality rate reaching 7,842 people. Data from the register book of Bougenvile Room 2 RSUP Dr. Sardjito in the last year in May 2021-May 2022, number of incidents of ovarian cysts was 106 cases. Complications caused by ovarian cysts are bleeding into the cyst, torsion (rotation of the stalk), infection of the ovarian cyst, tearing of the cyst wall, and malignancies such as ovarian cancer.

**Objective:** To obtain an overview and real experience in carrying out nursing care in patient with ovarian cyst using the nursing process method based on Evidence Based Practice (EBP).

**Method:** This nursing care used a descriptive case study method in one managed patient with nursing process approach which includes stage of assessment, nursing diagnosis, planning, implementation, evaluation, discussion, and documentation using case analysis based on problems found in patient with ovarian cyst.

**Result:** After assessing and analyzing the data, four nursing diagnoses were obtained, namely acute pain, impaired physical mobility, self-care deficit, risk of infection. The interventions which carried out were pain management, mobilization support, self-care support, infection prevention, wound care. Implementation was carried out based on an intervention for three days and an evaluation was carried out at the end of each implementation.

**Conclusion:** After three days of nursing care, the results were reduced acute pain, increased physical mobility, able to do the Activity of Daily Living (ADL) independently, and there were no post operative wound infections.

**Keywords:** Nursing Care, Ovarian Cyst

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**ASUHAN KEPERAWATAN PADA NY. P DENGAN POST  
OPERASI KISTA OVARIUM DI RUANG BOUGENVILE 2  
RSUP DR. SARDJITO YOGYAKARTA**

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**ABSTRAK**

**Latar Belakang:** Menurut *World Health Organization* (WHO) tahun 2020, jumlah kasus kista ovarium sebanyak 14.896 kasus dengan kematian hingga 9.581 orang meninggal, sedangkan di Indonesia pada tahun 2018 didapatkan sebanyak 13.310 kasus dengan angka kematian mencapai 7.842 orang meninggal. Data dari buku register Ruang Bougenvile 2 RSUP Dr. Sardjito satu tahun terakhir pada bulan Mei 2021-Mei 2022, angka kejadian kista ovarium sebanyak 106 kasus. Komplikasi yang ditimbulkan oleh kista ovarium yaitu perdarahan ke dalam kista, torsio (putaran tangkai), infeksi kista ovarium, robekan dinding kista, dan berupa keganasan seperti kanker ovarium.

**Tujuan:** Untuk memperoleh gambaran dan pengalaman nyata dalam melaksanakan asuhan keperawatan pada pasien dengan kista ovarium menggunakan metode proses keperawatan berdasarkan *Evidence Based Practice* (EBP).

**Metode:** Asuhan keperawatan ini menggunakan metode studi kasus deskriptif pada satu pasien kelolaan dengan pendekatan proses keperawatan yang meliputi tahap pengkajian, diagnosa keperawatan, perencanaan, implementasi, evaluasi, pembahasan, dan dokumentasi yang menggunakan analisis kasus berdasarkan permasalahan yang ditemukan pada pasien dengan kista ovarium.

**Hasil:** Setelah dilakukan pengkajian dan analisa data didapatkan empat diagnosa keperawatan yaitu nyeri akut, gangguan mobilitas fisik, defisit perawatan diri, risiko infeksi. Intervensi yang dilakukan yaitu manajemen nyeri, dukungan mobilisasi, dukungan perawatan diri, pencegahan infeksi, perawatan luka. Implementasi dilakukan berdasarkan intervensi selama tiga hari dan evaluasi dilaksanakan setiap akhir melakukan implementasi.

**Kesimpulan:** Setelah dilakukan tindakan asuhan keperawatan selama tiga hari didapatkan hasil nyeri akut berkurang, mobilitas fisik meningkat, mampu melakukan *Activity of Daily Living* (ADL) secara mandiri, dan tidak terdapat infeksi pada luka *post* operasi.

**Kata Kunci:** Asuhan Keperawatan, Kista Ovarium

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