

**NURSING CARE IN BP. T WITH GASTROINTESTINAL STROMAL
ABDOMEN TUMOR IN CENDANA ROOM 2
RSUP DR. SARDJITO YOGYAKARTA**

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ABSTRACT

Background: Abdominal tumors are swellings or lumps caused by neoplasms and infections in the abdomen in the form of abnormal masses of proliferating cells that are autonomic (uncontrolled), progressive (growing irregularly), useless. **Objective:** to apply nursing care to patients with Gastrointestinal Stromal Tumor (GIST) Abdomen. **Methodology:** This research method uses a case study with a Nursing Care approach by implementing interventions based on SIKI and Evidence Based Practice. **Results:** Benson Relaxation can reduce pain scale, fall prevention, nutritional management, wound care and self-care support. **Conclusion:** Nursing assessment found pain in the abdomen, and abnormalities in some laboratory results. Nursing diagnoses that arise are acute pain, risk of infection, nutritional defisit, impaired tissue integrity, self-care defisit. The interventions and implementations carried out were pain management, one of which was Benson Relaxation, infection prevention, nutritional management, wound care, self-care support. Nursing evaluation shows that Benson Relaxation is effective in reducing pain intensity

Keywords: Benson Relaxation, Nursing Care.

**ASUHAN KEPERAWATAN PADA BP. T DENGAN *GASTROINTESTINAL
STROMAL TUMOR ABDOMEN* DI RUANGAN CENDANA 2
RSUP DR. SARDJITO YOGYAKARTA**

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ABSTRAK

Latar Belakang: Tumor Abdomen adalah pembengkakan atau adanya benjolan yang disebabkan oleh neoplasma dan infeksi yang berada di abdomen berupa massa abnormal di sel-sel yang *berpoliferasi* yang bersifat autonom (tidak terkontrol), progresif (tumbuh tidak beraturan), tidak berguna. **Tujuan:** menerapkan asuhan keperawatan pada pasien dengan *Gastrointestinal Stromal Tumor (GIST) Abdomen*. **Metodologi:** Metode penelitian ini menggunakan studi kasus dengan pendekatan Asuhan Keperawatan dengan menerapkan intervensi berdasarkan SIKI dan *Evidence Based Practice*. **Hasil:** *Benson Relaxation* dapat mengurangi skala nyeri, pencegahan jatuh, manajemen nutrisi, perawatan luka dan dukungan perawatan diri. **Kesimpulan:** Pengkajian keperawatan didapatkan nyeri di perut, dan keabnormalan beberapa hasil laboratorium. Diagnosis keperawatan yang muncul yaitu nyeri akut, resiko infeksi, defisit nutrisi, gangguan integritas jaringan, defisit perawatan diri. Intervensi dan implementasi yang dilakukan adalah manajemen nyeri salah satunya diberikan *Benson Relaxation*, pencegahan infeksi, manajemen nutrisi, perawatan luka, dukungan perawatan diri. Evaluasi keperawatan menunjukkan bahwa *Benson Relaxation* efektif dalam penurunan intensitas nyeri

Kata Kunci : *Benson Relaxation*, Asuhan Keperawatan.

