

MENGATASI KONSTIPASI PASIEN STROKE DENGAN MASASE ABDOMEN DAN MINUM AIR PUTIH HANGAT

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Abstrak

Perawat memiliki peranan yang penting mengatasi konstipasi pada pasien stroke selama perawatan di rumah sakit. Penelitian ini bertujuan untuk mengetahui perbedaan masase abdomen dengan masase abdomen dan minum air putih hangat pada pasien stroke yang mengalami konstipasi terhadap proses defekasi di Kota Bogor. Penelitian kuasi eksperimen dengan dua kelompok intervensi dan satu kelompok kontrol menggunakan pendekatan *purposive sampling* dengan total empat puluh tujuh responden, masing-masing empat belas responden kelompok masase abdomen, enam belas responden kelompok masase abdomen dan minum air putih hangat, dan tujuh belas responden intervensi standar diobservasi setiap hari selama tujuh hari. Proses defekasi terhadap ketiga kelompok dilihat dari waktu terjadinya defekasi antara kelompok intervensi I dan II dengan nilai $p= 0,015$, dan dari frekuensi defekasi antara kelompok intervensi II dan kelompok kontrol dengan nilai $p= 0,000$. Hasil penelitian ini diharapkan dapat menjadi *evidence based practice* dalam asuhan keperawatan medikal bedah dalam memberikan intervensi keperawatan terhadap pasien stroke yang mengalami konstipasi sehingga perawatan terapi komplementer di bidang keperawatan dapat dikenal dan memberikan manfaat sebagai pencegahan dan pengobatan alami.

Kata kunci: konstipasi, masase abdomen, minum air putih hangat, proses defekasi, stroke

Abstract

Overcoming Constipation on Stroke Patient with Abdominal Massage and Drinking Warm Plain Water. Nurses had an important role to overcome constipation of stroke patient during the treatment in hospital. This study was aimed to find out the difference of abdominal massage and abdominal massage with drinking warm plain water to defecation process of stroke patient in Bogor. This quasi experimental study used two intervention groups and one group as a control, this purposive sampling approach had 47 respondents, they were 14 respondents in the abdominal massage intervention group, 16 respondents in the abdominal massage with drinking warm plain water intervention group and 17 respondents in standard intervention group. Defecation process was observed everyday for seven days. Defecation process of the three groups were analyzed from the time of significant defecation between the first and the second intervention group ($p= 0,015$), and the time of significant defecation between the second intervention and control group ($p= 0,00$). The results of this study are expected to be as evidence-based practice in medical-surgical nursing care in the nursing interventions in stroke patients who experience constipation so that complementary therapies in the field of nursing care can be known and provide to be used as a preventative and natural medicine.

Keywords: constipation, abdominal massage, drinking warm plain water, defecation process, stroke