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**Pengaruh Edukasi pencegahan Valsava Manuever Terhadap tingkat Nyeri Pada Pasien
*Acute Coronary Syndrome (ACS) Di Ruang ICU Rsud Dr. Gondo Suwarno***

ABSTRAK

Latar belakang : *Acute coronary syndrome (ACS)* terjadi karena adanya sumbatan oleh penumpukan lipid dalam dinding pembuluh darah yang berkembang menjadi plak arterosklerosis. Manifestasi klinis yang sering dirasakan adalah nyeri dada. Penyebab nyeri yang sering dialami pasien *acute coronary syndrome* yakni pada saat batuk, bersin, mengejan atau seperti hendak buang air besar. Beberapa aktivitas tersebut biasanya disebut dengan *valsava manuver*. Pada proses *valsava manuver* akan mengakibatkan penurunan aliran darah ke jantung dan tekanan darah disertai sesak nafas dan keringat dingin sehingga hal ini akan semakin memperberat fungsi jantung

Tujuan: pengaruh edukasi pencegahan valsava manuever terhadap nyeri Pada Pasien *Acute Coronary Syndrome (ACS)*

Metode : metode penelitian *quasy experimental design* dengan rancangan *pretest-postest control group design*. Penelitian ini dilakukan di Ruang Icu RSUD Dr. Gondo Suwarno dengan populasi 31 Pasien *Acute Coronary Syndrome (ACS)* dengan menggunakan teknik total sampling. Pengambilan data menggunakan *Numerical Rating Scale (NRS)*. Analisa bivariat menggunakan *uji t independent*

Hasil : nyeri sebelum dan sesudah edukasi manuver valsava pada kelompok intervensi sebagian besar mengalami nyeri sedang dan pada kelompok kontrol mengalami nyeri berat. Hasil uji *t independent* didapatkan tidak ada pengaruh yang signifikan edukasi pencegahan valsava manuever terhadap nyeri pada pasien *acute coronary syndrome (ACS)* Di Ruang Icu RSUD Dr. Gondo Suwarno dengan nilai *p value* 0,097

Saran : diharapkan perawat dapat memberikan dan mengajarkan cara menurunkan nyeri yang lebih efektif dan mudah dilakukan seperti relaksasi nafas dalam, dan intervensi pilihan lainnya

Kepustakaan : 73(2017-2023)

Kata kunci : edukasi, valsava manuever, nyeri, *Acute Coronary Syndrome*

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The Effect of Valsalva Maneuver Education on the Incident of Pain in Acute Coronary Syndrome (ACS) Patients in the ICU Room at RSud Dr. Gondo Suwarno

ABSTRACT

Background: Acute coronary syndrome (ACS) occurs due to blockage by lipid buildup in the walls of blood vessels which develops into atherosclerotic plaque. The clinical manifestation that is often felt is chest pain. The cause of pain that is often experienced by acute coronary syndrome patients is when coughing, sneezing, straining or as if they are about to defecate. Some of these activities are usually called Valsalva maneuvers. The Valsalva maneuver process will result in a decrease in blood flow to the heart and blood pressure accompanied by shortness of breath and cold sweat so that this will further aggravate heart function.

Objective: to determine the effect of Valsalva maneuver education on pain in Acute Coronary Syndrome (ACS) patients

Method: quasi experimental design research method with a pretest-posttest control group design. This research was carried out in the ICU Room at Dr. RSUD. Gondo Suwarno with a population of 31 Acute Coronary Syndrome (ACS) patients used total sampling techniques. Data collection used the Numerical Rating Scale (NRS). Bivariate analysis used the independent t test

Results : Most of the pain before and after Valsalva maneuver education in the intervention group experienced moderate pain and in the control group experienced severe pain. The results of the independent t test showed that there was no significant effect of Valsalva maneuver education on pain in acute coronary syndrome (ACS) patients in the intensive care unit at Dr. RSUD. Gondo Suwarno with a p value of 0.097

Suggestion: it is hoped that nurses can provide and teach ways to reduce pain that are more effective and easy to do, such as deep breathing relaxation and other selected interventions.

Literature : 73(2017-2023)

Key words: education, Valsalva maneuver, pain, Acute Coronary Syndrome