

Asuhan Keperawatan Holistik Pasien Pasca-Mastektomi: Manajemen Limfedema dan Body Image

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Abstrak

Latar belakang: 30-40% pasien pasca-mastektomi mengalami limfedema dan 60% mengalami gangguan body image yang berdampak pada kualitas hidup. Asuhan holistik perawat onkologi krusial dalam fase rekonvalesensi. Tujuan: menganalisis efektivitas paket asuhan holistik (Manual Lymphatic Drainage + Peer Support Group + Body Image Therapy) terhadap volume limfedema, body image, dan QoL pasien pasca-mastektomi. Metode: Pre-experimental one group pre-post pada 48 pasien pasca-mastektomi di RS Kanker Dharmas Jakarta. Intervensi: MLD 30 menit 2x/minggu × 8 minggu + peer support group 6 sesi + body image therapy 4 sesi. Pengukuran: lingkaran lengan (cm), Body Image Scale (BIS), EORTC QLQ-BR23. Paired t-test. Hasil: Volume limfedema turun rata-rata 18,7% (p **Kata**

kunci: mastektomi, limfedema, body image, kanker payudara, manual lymphatic drainage, peer support

Abstract (English)

Holistic Nursing Care for Post-Mastectomy Patients: Lymphedema Management and Body Image

Background: 30-40% post-mastectomy patients develop lymphedema and 60% experience body image disturbance impacting quality of life. Holistic oncology nursing care is crucial in recovery phase. Objective: To analyze holistic care package (Manual Lymphatic Drainage + Peer Support Group + Body Image Therapy) effectiveness on lymphedema volume, body image, and QoL. Methods: Pre-experimental one group pre-post on 48 post-mastectomy patients at Dharmas Cancer Hospital Jakarta. Intervention: MLD 30 min 2x/week × 8 weeks + peer support 6 sessions + body image therapy 4 sessions. Measurement: arm circumference, BIS, EORTC QLQ-BR23. Paired t-test. Results: Lymphedema volume down 18.7% on average (p

1 Pendahuluan

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2 Sitasi

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