

Pengaruh kombinasi teknik relaksasi sistematis dan terapi analgesik terhadap rasa nyeri pasien pasca bedah abdomen = The effects of systematic relaxation technique combined to analgesic therapy on postoperative pain in post abdominal surgery patient

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Abstrak

Penelitian ini bertujuan untuk mendapatkan gambaran tentang pengaruh kombinasi teknik relaksasi sistematis dan terapi analgesik terhadap rasa nyeri pasien pasca bedah abdomen di RS Haji Jakarta. Disain penelitian ini menggunakan metode quasi eksperimental dengan pendekatan pretest posttest group design. Sampel berjumlah 46 orang yang diambil secara purposive sampling. Kelompok intervensi menerima terapi analgesik dan teknik relaksasi sistematis dan kelompok kontrol menerima analgesik standar. Peneliti mengajarkan teknik relaksasi sistematis lewat walkmann kepada pasien kelompok intervensi dan pasien mempraktikkan teknik tersebut pada periode preoperasi.

Setelah pembedahan pasien mendengarkan instruksi relaksasi melalui walkmann selama 15 menit, dua kali sehari selama dua hari. Pasien diinstruksikan untuk tidur telentang dalam posisi yang nyaman di tempat tidur, menutup kedua mata dan melemaskan bagian-bagian tubuh yang dimulai dari kaki, tungkai, paha dan terus bergerak ke bagian tubuh bagian atas hingga kepala. Pasien diajarkan untuk mengendalikan nafas dan bersikap pasif agar merasakan relaksasi pada setiap langkah relaksasi. Pada akhir sesi, pasien diminta membuka mata dan tetap berbaring selama beberapa menit. Rasa nyeri diukur dengan menggunakan visual analogue scale (VAS). Evaluasi penelitian dilakukan pada hari kedua setelah intervensi.

Hasil penelitian menunjukkan rata-rata rasa nyeri sebelum intervensi antara kelompok intervensi dan kelompok kontrol adalah berbeda tapi tidak bermakna ($p=0,40$), namun setelah intervensi terlihat berbeda secara bermakna antara kelompok intervensi dan kelompok kontrol ($p=0,004$). Umur tidak mempengaruhi rasa nyeri pada pasien pasca bedah abdomen setelah mendapatkan intervensi analgesik ditambah teknik relaksasi sistematis ($p=0,97$), jenis kelamin berpengaruh terhadap rasa nyeri ($p=0,008$) dan jenis kelamin laki-laki merasakan nyeri lebih sedikit dibandingkan perempuan dan letak insisi mempengaruhi nyeri pasca bedah abdomen ($p=0.09$).

Rekomendasi hasil penelitian adalah perawat sebaiknya memberikan edukasi tentang cara mengatasi nyeri pasca pembedahan abdomen pada periode pre operasi agar pasien dapat melakukannya secara mandiri.

.....The aim of this study was to describe the effects of systematic relaxation technique combined to analgesic therapy on postoperative pain in post abdominal surgery patient in Haji Hospital. The design was an quasi-experimental with pretest-posttest group design. The subjects were forty six ($n=46$) patients undergoing abdominal surgery. The sampling method was purposive sampling, a non probability sampling. The intervention group received analgesic and relaxation systematic technique. The control group was given analgesic routine. In the preoperative surgical ward, the researcher taught systematic relaxation to the subjects in intervention group with an introductory walkmann. Subjects practiced using the technique in the preoperative periode.

After surgery, subjects listened to relaxation technique on the walkmann during 15-minutes, two times a day for 2 days postoperatively. Patients were directed by walkmann instruction to lie down in comfortable

position in bed, close their eyes, and relax each part of the body, starting with the feet, lower legs, hips and moving up to the head. Patient taught to control their breathing and to maintain a passive attitude and allow relaxation occurring at its own pace. At the end of the session, subjects were asked to open their eyes and lie quietly for a few minutes. Sensation of pain was assessed before and after the test on visual analogue scale (VAS).

No difference was found for pain before treatment using between the intervention group and control group ($p=0,40$). Changes in pain sensation after the test indicated significantly greater relief in the intervention group compared to the control group. Posttest pain scores were significantly lower in the treatment groups than in the control group ($p=0,004$). Age did not affect pain sensation in post abdominal surgery patient after given analgesic intervention combined with systematic relaxation technique ($p=0,97$). Sex affected pain sensation ($p=0,008$) and men may be less postoperative pain compared to women, and incisions site did not affected post abdominal surgery pain ($p=0,09$).

It's recommended to give education technique to alleviate pain in preoperative periode thus the patient can perform it independently after abdominal surgery.