

# Pengaruh kompres dingin dan inhalasi minyak lavender terhadap nyeri saat pelepasan selang dada pada pasien yang terpasang water sealed drainage = The effect of cold compression and inhalation of lavender oil on pain during the chest tube removal in patients who installed water sealed drainage

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## Abstrak

### <b>ABSTRAK</b><br>

Pengalaman nyeri saat dilakukan pelepasan selang dada banyak dikeluhkan oleh pasien yang terpasang Water Sealed Drainage WSD . Keefektifan terapi farmakologi dalam mengurangi nyeri saat pelepasan selang dada dapat menimbulkan perbaikan, namun penggunaan terapi non-farmakologi merupakan tanggung jawab perawat dan diperlukan untuk mengurangi penggunaan analgesik yang berlebihan pada pasien. Penelitian ini bertujuan untuk mengidentifikasi pengaruh kompres dingin dan inhalasi minyak lavender dalam mengurangi nyeri saat pelepasan selang dada. Penelitian ini adalah penelitian kuantitatif dengan desain quasi eksperimen menggunakan pendekatan post-test only non equivalent control group. Penelitian dilakukan di RSUP Persahabatan, RSUP Fatmawati, RS Paru Provinsi Jawa Barat, RSUD Gunung Jati dan RSUD Waled. Teknik pengambilan sampel menggunakan consecutive sampling dan didapatkan 26 responden. Pengukuran nyeri menggunakan skala nyeri Present Pain Intensity dari Short-Form McGill Pain Questionnaire SF-MPQ . Hasil uji Mann Whitney menunjukkan ada pengaruh yang signifikan terhadap penurunan nyeri saat pelepasan selang dada dengan p value yaitu 0,010 p

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The experience of pain during chest tube removal was much complained by the patient who installed Water Sealed Drainage WSD . The effectiveness of pharmacological therapy in reducing pain during chest tube removal can lead to improvement, but the use of non pharmacological therapy is the responsibility of the nurse and is needed to reduce the excessive use of analgesic in the patient. This research aimed to identify the effect of the cold compression and the inhalation of lavender oil on the pain reduction. This research was performed quantitatively using the quasi experimental design with post test only non equivalent control group in RSUP Persahabatan, RSUP Fatmawati, RS Paru Provinsi Jawa Barat, RSUD Gunung Jati and RSUD Waled. The sampling technique used consecutive sampling from 26 respondents. Measurement of pain using pain scale Present Pain Intensity of Short Form McGill Pain Questionnaire SF MPQ . The results used Mann Whitney test showed that there are significant effects on the pain reduction during the removal of the chest tube with the p value of 0.010 p