Pengaruh Kombinasi Cold Pack Gel Dan Latihan Napas Dalam Terhadap Penurunan Skor Nyeri Dan Peningkatan Kapasitas Fungsional Paru Pada Pasien Pascaoperasi Coronary Artery Bypass Graft (CABG) = The Effect Of Combination Between Cold Pack Gel And Deep Breathing Exercises On Reducing Pain Score And Increasing Functional Lung Capacity In Postoperative Coronary Artery Bypass Graft (CABG) Patients

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Abstrak

Nyeri pascaoperasi CABG merupakan salah satu penyebab terhambatnya aktifitas latihan napas dalam untuk mengembalikan fungsi paru. Cold pack gel merupakan satu metode nonfarmakologis yang efektif dan aman untuk menurunkan nyeri sebelum melakukan aktifitas latihan napas dalam. Tujuan penelitian untuk mengidentifikasi pengaruh kombinasi cold pack gel dan latihan napas dalam terhadap skor nyeri dan kapasitas fungsional paru. Metode penelitan ini menggunakan Randomized Controlled Trial (RCT) single blind dengan pre-post-test with control group design pada 44 responden, dibagi dalam 2 kelompok yang dipilih dengan teknik probability sampling. Cold pack gel diberikan diatas luka insisi sternum selama 15 menit, dilanjutkan dengan latihan napas dalam 30 kali napas. Kelompok intervensi mendapatkan cold pack gel 0-5â, sedangkan kelompok kontrol cold pack gel 15-22. Skor nyeri diukur dengan metode VAS pre-post intervensi, kapasitas fungsional paru dinilai dengan PEFR. Analisis uji Friedman, didapatkan skor nyeri menurun secara bermakna pada pengukuran ke-1 sampai ke-6. Uji RM Anova didapatkan nilai PEFR meningkat setiap hari. Dari uji independent t-test, didapatkan hasil terdapat penurunan skor nyeri yang bermakna pada keenam pengukuran (p <0,001) dan peningkatan kapasitas fungsional paru (p <0,001). Simpulan dalam penelitian ini kombinasi cold pack gel dan latihan napas dalam terbukti menurunkan skor nyeri dan meningkatkan kapasitas fungsional paru pada pasien pascaoperasi CABG.

.....Postoperative pain in CABG patients is one of the causes of delays in deep breathing exercises to restore lung capacity. Cold pack gel is an effective and safe non-pharmacological method for reducing pain before deep breathing exercises. This study aimed to identify the effect of a combination of cold pack gel and deep breathing exercises on pain scores and lung functional capacity. This research method uses a single blind Randomized Controlled Trial (RCT) with pre-post-test with control group design on 44 respondents, divided into 2 groups selected by probability sampling technique. Cold pack gel was given over the sternal incision wound for 15 minutes, followed by deep breathing exercises 30 breaths. The intervention group received 0-5â cold pack gel, while the control group received 15-22â cold pack gel. Pain score was measured by VAS pre-post intervention method, lung functional capacity was assessed by PEFR. Analysis used the Friedman test, the pain score decreased significantly in the 1st to 6th measurements. With the RM Anova test, the PEFR value increases every day. From the independent t-test, the results showed that there was a significant decrease in pain scores in all six measurements (p <0.001) and an increase in lung functional capacity (p <0.001). The conclusion of this study is the combination of cold pack gel and deep breathing exercises is proven to reduce pain scores and to improve functional capacity of the lungs in postoperative CABG patients.