PENERAPAN EVIDENCE BASED NURSING DENGAN INTERVENSI SLOW DEEP BREATHING UNTUK MENURUNKAN NYERI PADA PASIEN ANAK POST OPERASI DI RUANG PERAWATAN ADE IRMASURYANI 1 RSPAD GATOT SOEBROTO

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Abstrak

Nyeri merupakan salah satu tanda vital yang menjadi fokus perhatian dalam pemberian asuhan keperawatan di rumah sakit. Manajemen nyeri terbagi atas terapi farmakologi serta non farmakologi. Manajemen nyeri yang baik dapat meningkatkan respon nyeri yang dialami oleh klien. Perawat sangat berkontribusi dalam penanganan nyeri. Salah satu terapi yang dapat diterapkan oleh perawat dalam penatalaksaan nyeri yakni slow deep breathing. Terapi slow deep breathing merupakan salah satui penatalaksanaan non farmakologis berupa terapi relaksasi yang membantu menurunkan nyeri dengan teknik bernapas secara perlahan, dalam serta teratur. Tujuan penelitian ini yaitu untuk menganalisis penerapan intervensi *slow deep breathing* untuk menurunkan intensitas nyeri pada anak pasca operasi. Responden yang terlibat dalam penelitian berjumlah dua orang anak usia sekolah, meliputi klien kelolaan serta resume yang diberikan intervensi selama tiga hari dilakukan sebanyak dua kali per hari selama 15-20 menit. Pengukuran skala nyeri menggunakan Wong Baker Faces Pain Scale. Hasil penelitian terdapat penurunan skala nyeri baik pada klien kelolaan maupun resume dengan hasil penerapan hari ketiga yaitu skala nyeri 1.

Kata Kunci : Nyeri, Pasca Operasi, Slow Deep Breathing

APPLICATION OF EVIDENCE BASED NURSING WITH *SLOW DEEP BREATHING* INTERVENTION TO REDUCE PAIN IN POST OPERATING CHILD PATIENTS IN ADE IRMASURYANI 1 CARE ROOM RSPAD GATOT SOEBROTO

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Abstract

Pain is one of the vital signs that is the focus of attention in providing nursing care at the hospital. Pain management is divided into pharmacological and non-pharmacological therapy. Good pain management can improve the pain response experienced by clients. Nurses play a very important role in pain management. One of the therapies that can be applied by nurses in pain management is slow deep breathing. Slow deep breathing therapy is a non-pharmacological treatment in the form of relaxation therapy that helps reduce pain by breathing slowly, deeply and regularly. The purpose of this study was to analyze the application of slow deep breathing interventions to reduce pain intensity in postoperative children. The respondents involved in the study were two school-age children, including managed clients and resumes who were given the intervention for three days, carried out twice a day for 15-20 minutes. Measurement of pain scale using the Wong Baker Faces Pain Scale. The results of the assessment showed that there was a decrease in the pain scale in clients, both those who were managed and continued with the results of the third day, namely pain scale 1.

Keywords : Pain, Post Operation, Slow Deep Breathing