

ANALISIS ASUHAN KEPERAWATAN DENGAN INTERVENSI *SOAP BUBBLE BLOWING* UNTUK MEMINIMALKAN NYERI DAN CEMAS AKIBAT TINDAKAN INVASIF PADA PASIEN ANAK DI IGD

Siti Luthfiana Hasena

Abstrak

Penanganan kegawatdaruratan pada pasien anak di IGD mayoritas dilakukan pengambilan sampel darah untuk menegakkan diagnosis. Akibatnya timbul rasa nyeri dan cemas yang menyebabkan anak menjadi tidak kooperatif. Sehingga diperlukan terapi untuk mendistraksi anak pada latihan pernafasan dengan cara yang menyenangkan. Penelitian ini bertujuan untuk mengetahui pengaruh terapi *Soap bubble blowing* untuk meminimalkan nyeri dan cemas akibat pengambilan sampel darah pada anak usia enam sampai 12 tahun di IGD RSUD Pasar Minggu. *Soap bubble blowing* diberikan selama satu menit sebelum dan selama tindakan penusukan abocath infus. Evaluasi intervensi dilakukan dengan instrumen *Wong Baker FACES* dan *Children's Fear Scale* yang diukur sebelum dan sesaat setelah penusukan berhasil. Penilaian dilakukan oleh anak, orang tua dan observer. Hasil setelah dilakukan terapi *Soap bubble blowing* adalah terbukti paling efektif untuk meminimalkan cemas dibandingkan nyeri. Pada aktivitas meniup sama seperti melakukan latihan pernapasan yang menimbulkan efek relaksasi sehingga mendistraksi fokus anak yang berdampak pada penurunan persepsi cemas saat tindakan. Rekomendasi untuk perawat agar dapat menerapkan terapi *soap bubble blowing* untuk meminimalkan nyeri dan cemas pada anak saat tindakan invasif yang melibatkan jarum suntik dan untuk penelitian selanjutnya agar dapat membandingkan terapi *soap bubble blowing* dengan kelompok kontrol sehingga efektivitas *Soap bubble blowing* terlihat lebih objektif.

Kata kunci: Anak, Nyeri, Cemas, Pengambilan Sampel Darah, *Soap bubble blowing*

NURSING CARE ANALYSIS WITH SOAP BUBBLE BLOWING INTERVENTION TO MINIMIZE PAIN AND ANXIETY DUE TO INVASIVE PROCEDURES IN PEDIATRIC PATIENTS IN THE EMERGENCY DEPARTMENT

Siti Luthfiana Hasena

Abstract

Emergency management in pediatric patients in the Emergency Department predominantly involves blood sampling for diagnostic purposes. Consequently, this procedure induces pain and anxiety, leading to uncooperative behavior in children. Therefore, there is a need for therapy to distract children during breathing exercises in a pleasant manner. This study aims to investigate the effect of Soap Bubble Blowing therapy in minimizing pain and anxiety resulting from blood sampling in children aged six to 12 years in the Emergency Department of RSUD Pasar Minggu. Soap Bubble Blowing is administered one minute before and during the procedure of inserting an intravenous catheter. Evaluation of the intervention is conducted using the Wong Baker FACES and Children's Fear Scale instruments, measured before and immediately after successful catheter insertion. Assessment is carried out by the child, parents, and an observer. The results following Soap Bubble Blowing therapy demonstrate its effectiveness in minimizing anxiety compared to pain. Blowing activity mimics breathing exercises, inducing relaxation effects that distract the child's focus, resulting in reduced anxiety perception during the procedure. Recommendations for nurses to effectively implement soap bubble blowing therapy in order to minimize pain and anxiety in children during invasive procedures involving needle insertion are suggested. Furthermore, it is advised for future research endeavors to compare soap bubble blowing therapy with a control group, thereby enhancing the objective assessment of its effectiveness.

Keywords: Children, Pain, Anxiety, Intravenous Cannulation, *Soap bubble blowing*