

# **ANALISIS PENERAPAN INTERVENSI TERAPI RELAKSASI BENSON TERHADAP NYERI DAN STABILITAS HEMODINAMIK PASIEN STEMI DI ICU RSUD TARAKAN: STUDI KASUS**

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## **Abstrak**

STEMI merupakan kondisi kegawatdaruratan kardiovaskular yang ditandai oleh oklusi total arteri koroner, menyebabkan gangguan perfusi miokard dan ketidakstabilan hemodinamik. Penatalaksanaan nyeri umumnya difokuskan pada terapi farmakologis, namun penggunaan terapi non farmakologis seperti relaksasi Benson terbukti efektif dalam menurunkan intensitas nyeri serta membantu menstabilkan hemodinamik. Tulisan ini bertujuan untuk menganalisis penerapan terapi relaksasi Benson terhadap nyeri dan stabilitas hemodinamik pada pasien STEMI di ICU berdasarkan konsep teoritis serta penelitian terkini berbasis *Evidence Based Nursing*. Metode yang digunakan adalah *case study* pada dua pasien dengan diagnosis medis STEMI yang mengalami nyeri dada dan fluktuasi hemodinamik di ICU. Data diperoleh melalui observasi langsung, wawancara, pemeriksaan fisik, serta telaah dokumentasi keperawatan. Intervensi terapi relaksasi Benson diberikan 2x sehari selama 3 hari, disertai observasi intensitas nyeri menggunakan *Numeric Rating Scale* dan pemantauan tanda-tanda vital dengan *flowsheet*. Data kemudian dianalisis secara deskriptif dan dikaitkan dengan teori serta hasil penelitian terkini. Setelah dilakukan terapi relaksasi Benson, kedua pasien menunjukkan penurunan intensitas nyeri secara bertahap serta perbaikan parameter hemodinamik yang ditandai dengan tekanan darah menuju normal, penurunan frekuensi nadi, dan peningkatan saturasi oksigen. Terapi relaksasi Benson terbukti efektif sebagai intervensi non farmakologis dalam menurunkan nyeri dan menstabilkan hemodinamik pada pasien STEMI.

**Kata Kunci:** Benson, Hemodinamik, Nyeri, STEMI, Terapi Relaksasi

***ANALYSIS OF THE APPLICATION OF BENSON RELAXATION THERAPY INTERVENTION ON PAIN AND HEMODYNAMIC STABILITY IN STEMI PATIENTS IN THE ICU OF TARAKAN REGIONAL GENERAL HOSPITAL: A CASE STUDY***

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***Abstract***

*STEMI is a cardiovascular emergency characterized by total occlusion of the coronary artery, causing myocardial perfusion impairment and hemodynamic instability. Pain management is generally focused on pharmacological therapy, but the use of nonpharmacological therapies such as Benson relaxation has been shown to be effective in reducing pain intensity and helping to stabilize hemodynamics. This paper aims to analyze the application of Benson relaxation therapy on pain and hemodynamic stability in STEMI patients in the ICU based on theoretical concepts and the latest Evidence-Based Nursing research. The method used was a case study of two patients with a medical diagnosis of STEMI who experienced chest pain and hemodynamic fluctuations in the ICU. Data were obtained through direct observation, interviews, physical examinations, and review of nursing documentation. Benson relaxation therapy intervention was given twice a day for three days, accompanied by observation of pain intensity using a Numeric Rating Scale and monitoring of vital signs with a flowsheet. The data were then analyzed descriptively and linked to theory and the latest research results. After Benson relaxation therapy, both patients showed a gradual decrease in pain intensity and improvement in hemodynamic parameters, as indicated by blood pressure returning to normal, decreased pulse rate, and increased oxygen saturation. Benson relaxation therapy has been proven effective as a nonpharmacological intervention in reducing pain and stabilizing hemodynamics in STEMI patients.*

***Keywords:*** *Benson, Hemodynamics, Pain, Relaxation Therapy, STEMI*