

**ANALISIS ASUHAN KEPERAWATAN PADA PASIEN ANAK  
TODDLER DENGAN INTERVENSI TERAPI DISTAKSI *SQUISHY*  
UNTUK MENGURANGI SKALA NYERI AKIBAT  
PEMASANGAN INFUS DI INSTALASI GAWAT DARURAT  
(IGD)**

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**Abstrak**

Pemasangan infus merupakan prosedur invasif yang sering menimbulkan nyeri pada anak, terutama usia toddler yang masih berada pada tahap perkembangan sensorimotor sehingga sangat sensitif terhadap rangsangan taktil dan lingkungan asing. Di IGD, keterbatasan waktu membuat pendekatan psikologis mendalam sulit diterapkan, sehingga diperlukan intervensi non-farmakologis yang cepat, efektif, dan mudah digunakan. Penelitian ini bertujuan menganalisis asuhan keperawatan serta efektivitas terapi distraksi squishy dalam mengurangi nyeri prosedural selama pemasangan infus pada anak toddler. Studi kasus dilakukan pada dua anak toddler, dimana pasien kelolaan diberikan intervensi terapi squishy dan pasien pembanding menerima teknik tarik napas dalam yang merupakan intervensi standar. Pengukuran nyeri menggunakan skala FLACC menunjukkan skor nyeri berada pada rentang nyeri sedang yakni 5 dan 4. Selain itu, anak yang menggunakan squishy tampak lebih tenang, terfokus, dan kooperatif selama tindakan dibandingkan kontrol. Temuan ini selaras dengan teori *Gate Control* yang menjelaskan bahwa stimulasi mekanoreseptor melalui aktivitas meremas dapat menutup gerbang transmisi nyeri sehingga persepsi nyeri berkurang. Dengan demikian, terapi distraksi squishy terbukti efektif, aman, sederhana, dan layak direkomendasikan sebagai intervensi nonfarmakologis untuk manajemen nyeri pada anak toddler di IGD.

**Kata kunci** : nyeri anak, toddler, terapi distraksi, squishy, pemasangan infus.

**ANALYSIS OF NURSING CARE INA TODDLER PATIENT  
WITH THE INTERVENTION OF SQUISHY DISTRACTION  
THERAPY TO REDUCE PAIN SCALE DUE TO IV INSERTION  
IN THE EMERGENCY DEPARTMENT (ED)**

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***Abstract***

*Intravenous (IV) insertion is an invasive procedure that frequently causes pain in children, especially toddlers who are still in the sensorimotor developmental stage and are highly sensitive to tactile stimuli and unfamiliar environments. In the Emergency Department (ED), time limitations make in-depth psychological approaches difficult to implement. Therefore, non-pharmacological interventions that are quick, effective, and easy to apply needed. This study aims to analyze nursing care and the effectiveness of squishy distraction therapy in reducing procedural pain during IV insertion in toddler patients.*

*A case study was conducted on two toddler patients, in which the managed patient received the squishy therapy intervention and the comparison patient received a deep breathing technique as the standard intervention. Pain measurement using the FLACC scale showed pain scores within the moderate range, namely 5 and 4. In addition, the child who used the squishy appeared calmer, more focused, and more cooperative during the procedure compared to the control. These findings are consistent with the Gate Control Theory, which explains that stimulation of mechanoreceptors through squeezing activity can close the pain transmission gate, thereby reducing pain perception.*

*Thus, squishy distraction therapy is proven to be effective, safe, simple, and feasible to be recommended as a non-pharmacological intervention for pain management in toddler patient in the Emergency Department.*

**Keywords** : pediatric pain, toddler, distraction therapy, squishy, intravenous insertion.