

**PENERAPAN *SHOT BLOCKER* DAN TERAPI AUDIOVISUAL
TERHADAP SKALA NYERI INJEKSI *INTRAMUSCULAR* PADA PEMBERIAN
VAKSIN ANTI RABIES (VAR) DI IGD RSUD TARAKAN JAKARTA**

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Abstrak

Dalam penatalaksanaan kasus rabies, pemberian vaksin seringkali menjadi hal yang krusial karena proses vaksinasi harus dilakukan secara cepat dan tepat melalui injeksi intramuscular. Injeksi intramuskular pada pemberian vaksin anti rabies sering menimbulkan nyeri sehingga memengaruhi kenyamanan dan pengalaman tidak menyenangkan pasien di Instalasi Gawat Darurat (IGD). Pengalaman tidak menyenangkan pasien terutama anak-anak saat dilakukan injeksi dapat menyebabkan distress psikologis pada anak. Untuk mengatasi hal tersebut, penulis melakukan penerapan intervensi inovasi penerapan *shot blocker* dan terapi audiovisual untuk menganalisis efektivitasnya terhadap skala nyeri injeksi. Melalui studi kasus setelah dilakukan intervensi sebanyak satu kali, didapatkan hasil skala nyeri baik pada pada pasien kelolaan maupun pasien resum menunjukkan skala nyeri injeksi berada dalam rentang tidak nyeri sampai dengan nyeri ringan.

Kata kunci: Instalasi Gawat Darurat, Nyeri Injeksi, *Shot Blocker*, Terapi Audiovisual, Vaksin Anti Rabies

**THE APPLICATION OF SHOT BLOCKERS AND AUDIOVISUAL THERAPY
TO THE INTRAMUSCULAR INJECTION PAIN DURING RABIES VACCINE
(VAR) IN THE EMERGENCY DEPARTMENT OF TARAKAN GENERAL
HOSPITAL, JAKARTA**

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Abstract

In the management of rabies cases, vaccine administration is often crucial because vaccination must be carried out quickly and accurately through intramuscular injection. Intramuscular injections for administering the anti-rabies vaccine often cause pain, which affects patient comfort and creates an unpleasant experience in the Emergency Department (ED). Unpleasant experiences during injections, especially among children, can lead to psychological distress. To address this issue, the author implemented an innovative intervention using a shot blocker and audiovisual therapy to analyze their effectiveness on injection pain levels. Through a case study, after a single application of the intervention, the results showed that the pain scale in both the managed patient and the follow-up patient fell within the range of no pain to mild pain.

Keywords: *Audiovisual Therapy, Emergency Department, Injection Pain, Rabies Vaccine, Shot Blocker*