


Application Of Finger Print Therapy On Pain Level Patient Post Laparoscopy Appendectomy Operation In Recovery Room Hospital X Jakarta Barat

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Article Info	ABSTRACT
Keywords: Pain, Post Appendectomy Surgery, Finger Grip Relaxation	Laparoscopy appendectomy is a minimally invasive operation to remove the appendix through several small incisions, rather than one large incision. So it is necessary to provide non-pharmacological interventions to patients to reduce post-surgical pain. This case report aims to determine the effectiveness of applying finger grip relaxation to reduce pain levels in post laparoscopic appendectomy patients. The method in this case report is a case study with two respondents in laparoscopic appendectomy patients due to pain discomfort. Finger grip relaxation is carried out 3 times every 15 minutes. The instrument used is the Numeric Rating Scale (NRS). The results of this case report show that by giving finger grip relaxation intervention for 45 minutes there was a significant reduction in pain levels from scale 5 to scale 2. Finger grip relaxation is an effective non-pharmacological therapy in standard nursing care interventions to reduce the pain scale after laparoscopic appendectomy.
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INTRODUCTION

Globalization currently brings many changes in people's lives, including changes in lifestyle, especially in eating patterns [1]. Shifts in consumption patterns in society are influenced by developments in the amount and type of food. People are busy working or doing activities every day, which means they don't have much time to cook their own food. This causes many people to switch to consuming fast food. Fast food is an option because according to some people, with fairly affordable prices and practical processing, they can enjoy delicious-tasting food [2]. Junk food consumed excessively can cause various health problems, such as obesity (overweight), diabetes (diabetes), hypertension (high blood pressure), atherosclerosis (hardening of the arteries), coronary heart disease, appendicitis (appendicitis), stroke, cancer and others [3].

Appendicitis is a condition where infection occurs in the tuft of the appendix worm. In mild cases it can heal without treatment. But many cases require laparotomy with removal of the infected worm tuft as the disease most often requires emergency surgery, and is attached to the cecum [4]. The effects and symptoms of inflammation in the appendix that commonly occur are the appearance of vomiting and stimulation of visceral protonium. Within 2-12

hours along with peritoneal irritation, abdominal pain will move to the lower right quadrant which persists and is aggravated by coughing and walking. The pain will become more progressive and on examination will show a point with maximum pain, causing obstacles to comfort [5].

Pain is an unpleasant condition resulting from physical stimulation or from nerve fibers in the body to the brain and is followed by physical, physiological and emotional reactions, giving rise to the problem of appendicitis. The problem that arises when someone experiences appendicitis or intestinal inflammation is lumen obstruction which can support the growth of bacteria and mucus secretion, and give rise to other signs and symptoms, such as anorexia, malaise, fever and cause lumen distension and increased lumen wall pressure and can cause pain. on the abdomen.

Abdominal pain will become more progressive and examination will show one point with maximum pain, then within 2-12 hours along with peritoneal irritation, the pain will move to the right lower quadrant where it persists, and must require intensive nursing care and comprehensive.

The incidence of appendicitis in 2014 was ranked eighth as the leading cause of death in the world and it is estimated that in 2020 it will become the fifth cause of death worldwide. There are 20 million people suffering from moderate to severe appendicitis. More than 3 million people were sick with appendicitis in 2014, approximately 5% of all globally [6]. The incidence of appendicitis in the world in 2012 reached 7% of the total world population. In Asia, the incidence of appendicitis in 2013 was 4.8% of the total population. In Indonesia, the incidence of appendicitis is quite high, as can be seen from the increase in the number of patients from year to year. The age group that generally experiences appendicitis is between 20 and 30 years of age [7].

Based on the 2011 household health survey (SKRT), appendicitis was ranked fourth in the cause of illness in Indonesia after the circulatory system, infections and parasites. The results of a disease survey in 5 provincial hospitals in Indonesia in 2011 showed that appendicitis ranked fifth as a contributor to morbidity (25%). In 2013 the number of appendicitis sufferers in Indonesia reached 591,819 people and increased in 2014 by 596,132 people [7]. The treatment for individuals experiencing appendicitis is surgery. Appendectomy surgery is a surgical procedure to remove the appendix if the diagnosis of appendicitis has been confirmed. This must be done to reduce the risk of perforation [6]. The clinical manifestations of appendicitis are pain in the abdominal area, perforation of the appendix and even severe pain, so that nursing care from a nurse is needed to provide intervention to the patient to reduce pain using non-pharmacological techniques before surgery. The most common treatment for appendicitis is surgery, where the effects are increased post-operative pain and the presence of surgical wounds. This requires the role of nurses as educators of clients and families to prevent infections in post-operative wounds and actions for pain management that can be carried out in the hospital or after the patient is taken home.

METHOD

The method used in this case study is a case report. The research was conducted by 2 respondents. Patients are taught finger-hold relaxation therapy for 45 minutes with 3 sessions of finger-hold relaxation therapy. During intervention: The patient is given an explanation in advance about the procedure which is conducted. Relaxation carried out on patients aims to achieve balancing and harmonizing energy throughout the body. The patient has positioned in a lying position, and by encouraging the patient to catch your breath and relax all your muscles. Then instruct the patient to relax starting with holding your thumb with gentle pressure, hold it until you reach the pulse feels throbbing. The next stage is to encourage the patient to adjust the pattern breathe with a regular count. After catching his breath, the patient is Instruct to hold your thumb for approximately 5-15 minutes with additional deep breaths, then continue to the other fingers one by one for the same duration. After approximately 15 minutes, Relax the grip of your fingers onto the fingers of the other hand. After being given, The patient's intervention was evaluated to reduce pain.

RESULTS AND DISCUSSION

The results of this case report show that the finger-hold relaxation intervention was given 3 times per 15 minutes. There was a significant reduction in pain levels from scale 5 to scale 2. The finger grip relaxation technique performed for 30 to 50 minutes is effective pain management carried out on the first day of post op laparoscopic appendectomy patients. The finger-hold relaxation technique that is carried out provides a comfortable stimulus so that it can reduce the source of depression and excessive anxiety, so that the patient is able to control the sensation of pain and is able to improve body function. The effect of hand-held finger touch provides a positive response so that muscle tissue is more relaxed, blood and lymph circulation becomes smoother, so it can eliminate lactic acid in muscle fibers which can reduce fatigue and stress [8].

Holding fingers can inhibit neurotransmitter impulses for pain due to laparoscopy appendectomy surgery. Holding fingers while relaxing with deep breaths can reduce and heal physical and emotional tension. This is due to the warm feeling at the finger points so that the meridian energy can flow in and out smoothly. The finger grip that is done reaches the reflex point to provide a spontaneous reflex stimulus, so that it becomes a stimulus that flows into electrical waves to the brain. The waves received will be processed by the brain, then transmitted to the problematic nerves in the body, so that the flow of energy flows smoothly. The flow of energy produces impulses that are sent via afferent nerves resulting in the "gates: nonnociceptors being closed so that the dominant input originating from A-beta fibers is able to secrete inhibitory neurotransmitters which inhibit painful stimuli [9]. The research carried out explained in the research that respondents who were given finger grip relaxation after the laparoscopy appendectomy surgery could be carried out independently by holding the fingers one by one starting from the thumb to the little finger and then changing hands next [9]. Every time you hold your fingers for 3 to 5 minutes, the pain scale decreases. This happens because the touch of the hand can help the respondent relax more and breathe easier to balance energy in the body. Holding your fingers can warm the exit and entry points for

energy in the meridians in your fingers. The intensity of pain will change due to relaxation stimulation of the finger grip that has reached the brain [10].

The finger grip relaxation technique is able to reduce the scale of pain in post-operative patients due to laparoscopic appendectomy surgery. Providing finger grip relaxation techniques should be a complementary therapy in managing pain. This therapy is an option as an independent nursing action to reduce the pain scale in post-appendectomy patients. As health workers, they can apply finger-hold relaxation therapy as a complementary therapy to reduce pain on the first day of post-appendectomy patients [11]. Application of finger grip therapy to the pain level of post-appendectomy patients on the first day in the Mawar room at Dr Soehadi Prijonegoro Hospital, Sragen. The results of the application of finger grip therapy carried out on the 2 respondents showed a reduction in pain for the 2 respondents with the results for Mr. A pain scale decreased by 3 pain scales. Meanwhile, Mr. N pain scale decreased by 2 pain scales. Conclusion; There is an influence of the finger grip relaxation technique on reducing pain in post-appendectomy patients on the first day [12].

Previous research showed that there was a change in the pain scale before and after being given action in the form of finger-hold relaxation technique therapy [11]. Subjects from the study said that after being given finger-hold relaxation technique therapy, they became more comfortable and the pain decreased [12]. The results of previous research show that the finger-hold relaxation technique is more effective in reducing pain than deep breathing relaxation. This is supported by previous research which explains that holding your fingers while taking a deep breath can reduce and even heal physical or emotional tension. This finger holding relaxation technique will then be able to warm the points of exit and entry of energy in the meridians (energy pathways in the body), which is located on the fingers, so that it will be able to provide a spontaneous stimulating effect when you grip it, then the stimulation will flow to the brain, then continue to the nerves in the body organs that are experiencing problems, so it is hoped that the blockage in the energy pathway will smooth out. [13].

The results of previous research showed that of the 45 respondents who were going to undergo caesarean section surgery before the finger-hold relaxation intervention was carried out, 12 respondents (26.7%) experienced severe levels of anxiety and pain, and after the finger-hold relaxation intervention was carried out for 15 minutes, all respondents no longer experience anxiety or pain. Meanwhile mild anxiety increased to 60.0% [14]. The results of the Wilcoxon Sign Rank test obtained a value of $Z = -5.686$ with a significant p -value = 000 < 0.05 , meaning that there was a difference in the level of anxiety and pain before and after relaxing the finger grip. So there is an influence of the finger-hold relaxation technique on reducing the pain level of operation room at Kepahiang Regional Hospital. From the results of this case study, it can be proven that finger grip relaxation in can reduce the patient's level of pain and discomfort. The physiological effect is that the mother can carry out the technique independently and the patient seems more comfortable with mobilization [15].

CONCLUSIONS

The results of the implementation that have been carried out are based on evidence based nursing by using finger grip relaxation to reduce the pain scale in post laparoscopic

appendectomy patients 3 times per 15 minutes. It was found that there was a significant reduction in the pain scale. Before being given the intervention, the patient's pain scale was at a value of 5. After being given the intervention, the pain was reduced to a scale of 2. This change in the pain scale was not only an impact of the finger-hold relaxation intervention but was of course influenced by the pharmacological therapy that had been given, namely analgesics. So it is important for operating room nurses to apply non-pharmacological therapy as an alternative therapy for patients to reduce pain after laparoscopic appendectomy surgery. Apart from that, he still pays attention to the patient's condition with a good level of awareness.

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