

**PROGRAM STUDI PROFESI NERS FAKULTAS KEPERAWATAN
INSTITUT KESEHATAN PAYUNG NEGERI PEKANBARU
Karya Ilmiah Berbasis Evidence Based Practice, 16 Juni 2025**

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“Asuhan Keperawatan Pada Pasien Kanker Serviks Dengan Penerapan *Slow Stroke Back Massage* Terhadap Masalah Keperawatan Nyeri Kronik Di Ruang Tulip RSUD Arifin Achmad Provinsi Riau”

XII + 45 Halaman + 6 Tabel + 6 Lampiran

ABSTRAK

Kanker serviks dapat menyebar ke struktur disekitarnya serta organ-organ dalam. Penyebaran ini seringkali menimbulkan berbagai gejala, termasuk rasa nyeri yang sering kali hebat dan sulit untuk ditangani, terutama akibat terkenanya saraf, sekitar 75-80% kasus pasien kanker serviks yang mengalami nyeri. Intervensi penanganan nyeri pada kanker tidak hanya bergantung pada farmakologi, tetapi juga kini melibatkan terapi non-farmakologis. Penanganan non farmakologi yang bisa dilakukan untuk menangani nyeri adalah terapi pijat punggung sampai pinggang “*Slow Stroke Back Massage*” (SSBM). Metode pelaksanaan penerapan ini yaitu studi kasus. Tujuan studi kasus ini adalah menjelaskan tindakan keperawatan terapi SSBM pada klien kanker servik dengan masalah nyeri kronis. Penerapan studi kasus ini menggunakan format pengkajian dan instrument skala nyeri “Numeric Rating Scale”. Pelaksanaan *Slow Stroke Back Massage* dilakukan selama selama 3 hari masa perawatan selama 10-15 menit bersama 2 orang pasien kanker serviks di ruangan Tulip RSUD Arifin Ahcmad. Hasil implementasi didapatkan sebelum melakukan tindakan penerapan *Slow Stroke Back Massage* skala nyeri pasien 8-7 setelah dilakukan penerapan *Slow Stroke Back Massage* skala nyeri menurun menjadi 4-3 terjadi penurunan skala nyeri yang signifikan. Sehingga dapat disimpulkan bahwa terapi ini sangat efektif untuk menurunkan menurunkan nyeri pada pasien kanker serviks.

Kata Kunci : Terapi SSBM, Kanker Servik, Nyeri Kronis

Daftar Pustaka : 15 (2019-2024)

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"Nursing Care for Cervical Cancer Patients Through the Application of Slow Stroke Back Massage for Chronic Pain Nursing Problems in the Tulip Ward of Arifin Achmad Regional Hospital, Riau Province"

XII + 45 Pages + 6 Tables + 6 Appendices

ABSTRACT

Cervical cancer can spread to surrounding structures and internal organs. This spread often causes various symptoms, including pain that is often severe and difficult to treat, especially due to nerve damage, around 75-80% of cervical cancer patients experience pain. Pain management interventions in cancer do not only rely on pharmacology, but now also involve non-pharmacological therapy. Non-pharmacological treatment that can be done to treat pain is back massage therapy to the waist "Slow Stroke Back Massage" (SSBM). The method of implementing this application is a case study. The purpose of this case study is to explain the nursing actions of SSBM therapy in cervical cancer clients with chronic pain problems. The application of this case study uses the assessment format and pain scale instrument "Numeric Rating Scale". The implementation of Slow Stroke Back Massage was carried out for 3 days of treatment for 10-15 minutes with 2 cervical cancer patients in the Tulip room of Arifin Achmad Hospital. The results of the implementation were obtained before the application of Slow Stroke Back Massage, the patient's pain scale was 8-7 after the application of Slow Stroke Back Massage, the pain scale decreased to 4-3, there was a significant decrease in the pain scale. So it can be concluded that this therapy is very effective in reducing pain in cervical cancer patients.

Keywords : SSBM Therapy, Cervical Cancer, Chronic Pain
References : 22 (2019–2024)