

**PROGRAM STUDI PROFESI NERS
FAKULTAS KEPERAWATAN
INSTITUT KESEHATAN PAYUNG NEGERI PEKANBARU
Studi Kasus, September 2026**

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**Asuhan Keperawatan Anak Dengan Masalah Nyeri Akut Melalui Penerapan
Gentle Human Touch Pada Anak Di Ruang PICU Rsud Arifin Achmad**

Xiii + 42 halaman + 9 tabel + 5 lampiran

ABSTRAK

Anak dengan pneumonia yang dirawat di *Pediatric Intensive Care Unit* (PICU) sering menjalani tindakan invasif, salah satunya *suctioning*, yang dapat menimbulkan nyeri akut dan distress. *Gentle Human Touch* (GHT) merupakan intervensi nonfarmakologis berupa sentuhan lembut dan statis yang dapat digunakan untuk membantu menurunkan respons nyeri selama tindakan invasif. Tujuan melakukan asuhan keperawatan anak dengan masalah nyeri akut melalui penerapan *gentle human touch* pada anak di ruang PICU RSUD Arifin Achmad. Metode pelaksanaan yang digunakan adalah studi kasus pada An. K yang menjalani tindakan *suctioning*. Pengukuran nyeri menggunakan *Comfort Scale* awal dan setelah tindakan dengan penerapan GHT selama 10–15 menit. Observasi juga dilakukan terhadap respons perilaku dan fisiologis anak. Hasil penerapan GHT, An. K menunjukkan kecemasan, gelisah, menangis, gerakan fisik, ketegangan otot wajah, serta peningkatan tekanan darah dan denyut jantung $\geq 15\%$ dari nilai dasar. Setelah penerapan GHT, terjadi penurunan respons nyeri dan distress. Skor *Comfort Scale* pada hari pertama menurun dari 32 menjadi 24 (selisih 8), sedangkan hari kedua dari 30 menjadi 22 (selisih 8). Respons fisiologis juga membaik, ditandai dengan tekanan darah dan denyut jantung kembali ke nilai dasar. Berdasarkan hasil tersebut dapat disimpulkan bahwa penerapan GHT menunjukkan adanya penurunan skala nyeri akut dan respons distress pada An. K selama tindakan *suctioning*. GHT dapat digunakan sebagai intervensi nonfarmakologis pendamping dalam penerapan *atraumatic care* pada anak di PICU.

Kata Kunci : Pneumonia, Nyeri Akut, Gentle Human Touch, Tindakan Suction, Anak
Daftar baca : 20 (2020-2026)

**NURSE PROFESSION STUDY PROGRAM
FACULTY OF NURSING
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Evidence Based Practice, September 2026**

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***Pediatric Nursing Care with the Application of Gentle Human Touch to Reduce
Acute Pain During Suctioning in Children with Pneumonia in the PICU of
RSUD Arifin Achmad***

Xiii + 42 pages + 9 tables + 4 appendices

ABSTRACT

Children with pneumonia admitted to the Pediatric Intensive Care Unit (PICU) frequently undergo invasive procedures, such as suctioning, which may cause acute pain and distress. Gentle Human Touch (GHT) is a non-pharmacological intervention involving gentle, static touch that may help reduce pain responses during invasive procedures. This study aimed to provide nursing care for a child experiencing acute pain through the application of GHT in the PICU of Arifin Achmad Regional General Hospital. A case study method was used involving Child K, a child with pneumonia who underwent suctioning. Pain levels were assessed using the Comfort Scale before and after the procedure, with GHT applied for 10–15 minutes. Behavioral and physiological responses were also observed. Before the intervention, Child K exhibited anxiety, restlessness, crying, physical movement, facial muscle tension, and increases in blood pressure and heart rate of $\geq 15\%$ above baseline. Following the application of GHT, pain and distress responses decreased. The Comfort Scale score decreased from 32 to 24 on the first day, with a reduction of 7 points, and from 30 to 22 on the second day, with a reduction of 8 points. Physiological responses also improved, as indicated by blood pressure and heart rate returning to baseline values. These findings indicate that GHT application was associated with reduced acute pain and distress responses in Child K during suctioning. GHT may be considered a complementary non-pharmacological intervention within the framework of atraumatic care for children undergoing invasive procedures in the PICU.

Keywords : *Pneumonia, Acute Pain, Gentle Human Touch, Suctioning,
Children*

References :20 (2020-2025)