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Penerapan Slow Stroke Back Massage Pada Pasien Kanker Serviks Terhadap Masalah Keperawatan Nyeri Kronis Di Desa Sungai Putih Kabupaten Kampar

Xii + 33 halaman + 2 Tabel + 1 lampiran

ABSTRAK

Nyeri kronis merupakan masalah utama yang dialami pasien kanker serviks, terutama pada stadium lanjut. Menurut WHO (2020), terdapat 604.127 kasus kanker serviks di dunia dengan 341.831 kematian. Di Indonesia, kanker serviks menempati urutan kedua terbanyak (36.633 kasus atau 9,2%), dan di RSUD Arifin Achmad Provinsi Riau tercatat 1.167 kasus pada tahun 2022. Penelitian ini bertujuan untuk menerapkan teknik Slow Stroke Back Massage (SSBM) dalam menurunkan nyeri kronis pada pasien kanker serviks. Penelitian menggunakan metode studi kasus berbasis Evidence Based Practice dengan desain pre-test dan post-test. Intervensi dilakukan selama tiga hari berturut-turut (25–27 Mei 2025) selama 10–15 menit per hari. Skala nyeri diukur menggunakan Numeric Rating Scale (NRS). Responden pada penerapan ini berjumlah 1 orang yaitu Ny. M. Hasil menunjukkan penurunan nyeri dari skala 5 pada hari pertama, menjadi 4 pada hari kedua, dan 3 pada hari ketiga. Hasil ini menunjukkan bahwa SSBM efektif sebagai terapi non-farmakologis untuk menurunkan nyeri kronis pada pasien kanker serviks. Evaluasi dilakukan berdasarkan penurunan skala nyeri, keluhan nyeri, dan tekanan darah.

Kata Kunci :Slow Stroke Back Massage, Nyeri Kronis, Kanker Serviks, NRS, EBP

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Application of Slow Stroke Back Massage in Cervical Cancer Patients for Chronic Pain Nursing Problems in Sungai Putih Village, Kampar Regency

Xii+ 33 pages + 2 Tables + 1 appendices

ABSTRACT

Chronic pain is a major issue experienced by cervical cancer patients, especially in advanced stages. According to WHO (2020), there were 604,127 cervical cancer cases globally with 341,831 deaths. In Indonesia, cervical cancer ranks second among all cancers with 36,633 cases (9.2%). At Arifin Achmad General Hospital in Riau Province, 1,167 cases were recorded in 2022. This study aimed to apply Slow Stroke Back Massage (SSBM) to reduce chronic pain in cervical cancer patients. The research used an experimental method based on Evidence-Based Practice with a pre-test and post-test design. The intervention was carried out over three consecutive days (May 25–27, 2025), for 10–15 minutes per session. Pain levels were measured using the Numeric Rating Scale (NRS). Results showed a reduction in pain levels from scale 5 on day one, to 4 on day two, and 3 on day three. These findings indicate that SSBM is an effective non-pharmacological intervention for reducing chronic pain in cervical cancer patients. Evaluation was based on decreased pain scale, reported symptoms, and blood pressure changes.

Keywords : *Slow Stroke Back Massage, Chronic Pain, Cervical Cancer, NRS, EBP.*