

**PROGRAM STUDI PROFESI NERS
IKES PAYUNG NEGERI PEKANBARU**

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Penerapan *Slowly Relaxation Exercise* Pada Pasien *Post Mastectomy* Dengan Masalah Keperawatan Nyeri Akut Di Ruang Dahlia Rumah Sakit Umum Daerah Arifin Achmad Provinsi Riau.

xii + 26 Halaman + 2 Tabel + 1 Skema + 6 Lampiran

ABSTRAK

Salah satu manifestasi klinis yang ditimbulkan oleh pembedahan *mastectomy* adalah nyeri. Luka *mastectomy* mempengaruhi *limfedema*, keterbatasan gerak sendi bahu, dan nyeri akut. Salah satu terapi komplementer untuk mengurangi nyeri adalah *slowly relaxation exercise*. Tujuan penerapan latihan *slowly relaxation exercise* ini untuk mencegah keterbatasan lingkup gerak sendi bahu dan nyeri *post operatif*. *Exercise* menerapkan gerakan – gerakan sederhana yang berfungsi melancarkan peredaran darah pasca pembedahan, memperlancar pengeluaran sisa darah operasi ke selang drain dan membuat pasien menjadi rileks. Penerapan KIAN ini dilakukan di Ruang Dahlia dari tanggal 1 Juni 2024 sampai tanggal 3 Juni 2024, waktu dilaksanakan pada pukul 14.00 WIB dengan durasi selama 5 menit dengan sampel berjumlah 1 orang pasien. *Slowly relaxation exercise* ini dilakukan pada *post mastectomy* hari pertama operasi. Penerapan latihan *slowly relaxation exercise* yaitu berupa gerakan-gerakan fisik. *Exercise* ini dilakukan dengan didampingi oleh perawat, berikutnya pasien dapat melakukan *exercise* secara mandiri. Instrumen untuk menilai skala nyeri menggunakan VAS (*Visual Analogui Scale*). Hasil dari intervensi ini didapatkan penurunan nyeri pada pasien dengan *post mastectomy* selama 3 hari penerapan *exercise*. Penilaian skala nyeri sebelum dilakukan *slowly relaxation exercise* di hari pertama adalah 7, di hari ketiga setelah diterapkan latihan *slowly relaxation exercise* skala nyeri turun menjadi 4 dengan selisih skala nyeri 3. Diharapkan pada perawat untuk menerapkan *slowly relaxation exercise* pada pasien *post mastectomy* dan melakukan intervensi dengan frekuensi 2 kali sehari untuk melihat efek pada kegiatan sederhana sehari – hari pasien.

Kata kunci: Nyeri, *Post Mastectomy*, komplementer, *slowly_relaxation_exercise*

Daftar Bacaan : 12 (2008 – 2023)

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Implementation of Slowly Relaxation Exercises in Post-Mastectomy Patients with Acute Pain Nursing Problems in the Dahlia Room at the Arifin Achmad Regional General Hospital, Riau Province.

xii + 26 Pages + 2 Table + 1 Schema + 6 Attachments

ABSTRACT

One of the clinical manifestations caused by mastectomy surgery is pain. Mastectomy wounds cause lymphedema, limited movement of the shoulder joint, and acute pain. One of the complementary therapies to reduce pain is slow relaxation exercise. The aim of implementing this slow relaxation exercise is to prevent limitations in the range of motion of the shoulder joint and post-operative pain. Exercise applies simple movements that function to improve blood circulation after surgery, facilitate the release of residual surgical blood into the drain tube and make the patient relax. The implementation of KIAN was carried out in the Dahlia Room from June 1 2024 to June 3 2024, carried out at 14.00 with a duration of 5 minutes with a sample of 1 patient. This slow relaxation exercise is carried out on the first post-mastectomy day of surgery. The application of slow relaxation exercise is in the form of physical movements. This exercise is carried out accompanied by a nurse, then the patient can do the exercise independently. The instrument for assessing the pain scale uses VAS (Visual Analogy Scale). The results of this intervention showed a reduction in pain in post-mastectomy patients during 3 days of exercise. The assessment of the pain scale before the slow relaxation exercise was carried out on the first day was 7, on the third day after the slow relaxation exercise was applied the pain scale dropped to 4. It is hoped that nurses will apply the exercise to post-mastectomy patients and intervene with a frequency of 2 times a day to see the effect on the patient's simple daily activities.

Keywords: Pain, Post Mastectomy, complementary, slowly_relaxation_exercise
Reference : 12 (2008 – 2023)