



REVISI KIAN NENDEN 1- halaman-10

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Submission date: 28-Jan-2023 08:21PM (UTC-0600)

Submission ID: 2001340657

File name: REVISI_KIAN_NENDEN_1-halaman-10_3.pdf (567.92K)

Word count: 311

Character count: 1642

ABSTRACT

ANALYSIS OF NURSING CARE THROUGH DEEP BREATH RELAXATION TECHNIQUE INTERVENTION IN POST WOMEN CAESAREAN SECTION WITH ACUTE PAIN PROBLEMS AT UKI RSU

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Background : The labor process sometimes cannot run properly and the fetus cannot be born normally, action *caesarean section* is the main choice for medical personnel to save the mother and fetus. Delivery by *Caesarean section* has an impact on the mother, namely the mother will experience pain which usually appears 2 hours after the delivery process is complete. Providing non-pharmacological methods is an effort made to shorten the ongoing episodes of pain. Deep breathing relaxation therapy is an act of nursing care in which the nurse teaches the patient how to do deep breathing techniques, slow breathing (maximum holding inspiration) and how to exhale slowly.

Purpose : Conduct an analysis of nursing care by intervening deep breathing relaxation techniques in postpartum mothers *Caesarean section* who have problems with acute pain at UKI Hospital

Implementation : Nursing actions carried out for 3 days by providing deep breathing relaxation techniques. The duration of deep breathing relaxation therapy is 5-10 minutes. The purpose of this therapy is to reduce the pain scale in post op clients *Sectio Cesarean*. Pain scale is measured by parameters *Numeric Rating Scale* before and after the action is taken.

Results and Conclusions : After performing deep breathing relaxation techniques for 3 days, there was a decrease in the pain scale in both clients. Before carrying out the pain scale action Mrs. A, namely 7, after 3 days of action the pain scale was reduced to 3. Before the action was taken Mrs. T is 6, after 3 days of action the pain scale is reduced to 3. Giving deep breathing relaxation techniques is proven to be able to reduce the pain scale in Mrs. A and Mrs. T.

Keywords: Deep Breathing Relaxation, Acute Pain, *Caesarean Section*

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Findi Hidayatunnafiah, Laily Mualifah, Moebari Moebari, E. Iswantiningsih. "The Effect of Relaxation Techniques in Reducing Dysmenorrhea in Adolescents", KnE Life Sciences, 2022

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