

PENGARUH KOMPRES HANGAT TERHADAP NYERI PADA PASIEN HERNIA SEBELUM TINDAKAN OPERASI DI RUANG PREMEDIKASI RSUD dr. MOHAMMAD SOEWANDHIE SURABAYA

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ABSTRAK

Latar Belakang:). Hernia dapat menyebabkan Usus tertekan dan tercekik yang akan menimbulkan rasa nyeri hebat sebelum dioperasi. Nyeri pasien sebelum operasi mempengaruhi risiko berkembangnya nyeri kronis setelah operasi. Nyeri yang tidak tertangani dapat menyebabkan terganggunya masa pemulihan, peningkatan depresi, kecemasan, ketakutan, dan kemarahan. Salah satu tehnik relaksasi yang dapat di gunakan untuk mengurangi nyeri adalah dengan kompres hangat.

Tujuan: Diketuainya pengaruh kompres hangat terhadap nyeri pada pasien hernia sebelum tindakan operasi di ruang premedikasi RSUD dr Mohammad Soewandhie Surabaya.

Metode: Penelitian ini menggunakan jenis *Pra Experiment One Group Pretest-Posttest Design*. Jumlah responden 30 orang yang dipilih dengan menggunakan *total sampling*. Instrumen menggunakan ceklis *Numeric Rating Scale (NRS)*. Analisa data menggunakan uji *wilcoxon*.

Hasil: Tingkat nyeri responden sebelum pemberian kompres hangat seluruhnya nyeri sedang dan setelah pemberian kompres hangat separoh responden mengalami nyeri ringan. Hasil uji *wilcoxon* nilai *p-value* 0,000 maka nilai *p-value* < 0,05.

Kesimpulan: Ada pengaruh kompres hangat terhadap nyeri pada pasien hernia sebelum tindakan operasi di ruang premedikasi RSUD dr Mohammad Soewandhie Surabaya.

Kata kunci: Kompres Hangat, Nyeri, Hernia, Spinal anestesi

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THE EFFECT OF WARM COMPRESSES ON PAIN ON HERNIA PATIENTS BEFORE OPERATION IN THE PREMEDICATION ROOM RSUD dr. MOHAMMAD SOEWANDHIE SURABAYA

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ABSTRACT

Background : Hernias can cause the intestines to be compressed and strangled which will cause severe pain before surgery. Patient pain before surgery affects the risk of developing chronic pain after surgery. Untreated pain can lead to impaired recovery, increased depression, anxiety, fear, and anger. One of the relaxation techniques that can be used to reduce pain is a warm compress.

Objective : To know the effect of warm compresses on pain in hernia patients before surgery in the premedication room RSUD dr. Mohammad Soewandhie Surabaya.

Methods : This study used a Pre Experiment One Group Pretest-Posttest Design. The number of respondents 30 people selected by using total sampling. The instrument uses the Numeric Rating Scale (NRS) checklist. Data analysis uses the wilcoxon test.

Results : The level of pain of respondents before giving warm compresses was moderate pain and after giving warm compresses half of respondents experienced mild pain. The results of the Wilcoxon test have a p-value of 0.000, so the p-value <0.05.

Conclusion : There is an effect of warm compresses on pain in hernia patients before surgery in the premedication room RSUD dr. Mohammad Soewandhie Surabaya.

Keywords: Warm Compress, Pain, Hernia, Spinal Anesthesia

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