

PENGARUH HYPNOTERAPI TERHADAP NYERI PEMASANGAN IV LINE PRA ANESTESI PADA MASTEKTOMI

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ABSTRAK

Latar Belakang: Nyeri timbul karena kerusakan pada jaringan yang diakibatkan masuknya jarum kedalam tubuh pasien. Nyeri juga dapat terjadi akibat proses pemasangan jarum dan kateter yang tidak tepat, atau penggunaan alat-alat medis yang tidak steril. Penanganan atau manajemen nyeri untuk pemasangan *IV line* pra anestesi sampai saat ini belum pernah dilakukan, hipnoterapi bisa sebagai alternatif guna pengelolaan nyeri pemasangan *IV line* pra anestesi yang dapat mengurangi efek samping akibat nyeri tersebut seperti cemas dan naiknya tekanan darah dan nadi yang nantinya akan berdampak pula dalam Intra anestesi.

Tujuan: Mengetahui pengaruh hypnoterapi terhadap nyeri pemasangan *IV line* pra anestesi pada tindakan mastektomi

Metode: Penelitian ini menggunakan kuantitatif dengan metode *quasi-experimental design pretest-posttest with control*. Populasi penelitian yaitu pasien yang dipasang *IV line* pra anestesi pada tindakan mastektomi di Instalasi Bedah Sentral Rumah Sakit Kanker Dharmais. Teknik pengambilan sampel adalah *purposive sampling* melibatkan 42 responden, terbagi menjadi 21 responden kelompok intervensi dan 21 responden kelompok kontrol. Data dianalisis menggunakan uji *Mann Withney* dan uji *Wilcoxon*. Penelitian ini dilaksanakan pada bulan April – Mei 2022 di Instalasi Bedah Sentral Rumah Sakit Kanker Dharmais.

Hasil: Berdasarkan hasil penelitian dengan uji *Mann Withney*, nilai *p-value* sebesar 0,000 sebelum dan sesudah hipnoterapi kelompok eksperimen dan kontrol. Dengan menggunakan uji *Wilcoxon*, didapatkan hasil nilai *p-value* sebesar 0,000 sebelum dan sesudah mobilisasi kelompok intervensi.

Kesimpulan: Ada pengaruh hypnotherapy terhadap nyeri pemasangan IV Line pra anestesi pada masektomi antara kelompok intervensi dan kelompok control.

Kata kunci : Hipnoterapi, Nyeri Pemasangan IV Line

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THE EFFECT OF HYPNOTHERAPY ON PAIN OF IV LINE PRE-ANESTHESIA ON MASTECTOMY

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ABSTRACT

Background: Pain arises due to tissue damage caused by the insertion of a needle into the patient's body. Pain can also occur due to the process of inserting needles and catheters that are not appropriate, or the use of medical devices that are not sterile. Handling or pain management for pre-anesthesia IV line insertion has never been done, hypnotherapy can be an alternative for managing pre-anesthesia IV line pain management which can reduce side effects due to pain such as anxiety and increased blood pressure and pulse which will have an impact as well. in intra anaesthetic.

Objective: To determine the effect of hypnotherapy on the pain of inserting an IV line pre-anaesthesia during mastectomy

Methods: This study used a quantitative method with a quasi-experimental design pretest-posttest with control. The study population was patients who had an IV pre-anesthesia line installed for a mastectomy at the Central Surgical Installation of Dharmais Cancer Hospital. The sampling technique was purposive sampling involving 42 respondents, divided into 21 respondents from the intervention group and 21 respondents from the control group. Data were analyzed using Mann Withney test and Wilcoxon test. This research was conducted in April – May 2022 at the Central Surgical Installation of Dharmais Cancer Hospital.

Results: Based on the results of the study using the Mann Withney test, the p-value was 0.000 before and after hypnotherapy in the experimental and control groups. By using the Wilcoxon test, the p-value of 0.000 was obtained before and after the mobilization of the intervention group.

Conclusion: There is an effect of hypnotherapy on pre-anesthesia IV Line installation pain in mastectomy between the intervention group and the control group.

Keywords: Hypnotherapy, IV Line Installation Pain, Pre Anesthesia, Mastectomy

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