

NERS FINAL SCIENTIFIC WORK
**APPLICATION OF FINGER HOLD THERAPY IN FULFILLING THE
NEEDS OF PAIN COMFORT IN PATIENTS WITH SYSTEMIC
LUPUS ERYTHEMATOSUS AT RSUP DR. SARDJITO**

Rini Fatmawati¹, Harmilah², Sapta Rahayu Noamperani³
^{1,2,3}Department of Nursing of Health Polytechnic of Health Ministry Yogyakarta
Jl. Tatabumi No.3 Banyuraden, Gamping, Sleman
Email : rinifatma0611@gmail.com

ABSTRACT

Background: Systemic Lupus Erythematosus is an autoimmune disease in which autoantibodies are overproduced and attack the body's own tissues. SLE ranks 5th (10.22%) of the top 10 main diagnoses in Dahlia ward 4 of DR. Sardjito Hospital in 2022. Pain is a clinical manifestation that is often found in SLE patients, more than 90% of patients. Pain management in the form of pharmacology and non-pharmacology, one of which is finger hold therapy. Finger Hold relaxation technique is cheap, simple and easy to do to control tension so that it relaxes and can reduce pain. **Objective:** Able to apply finger hold modality therapy in meeting the needs of pain comfort in patients with SLE at Dr. Sardjito Hospital. **Methods:** Case study involving 2 patients with SLE. Instrument in the form of finger hold relaxation SOP. Measurement of pain intensity with Numeric Rating Scale (NRS). Finger hold was performed for 10 minutes 3 times in 1 visit. **Results:** The nursing problem in both patients is acute pain associated with physiological injury agents, after the intervention of finger hold therapy for 10 minutes 3 times in 1 visit the nursing problem is resolved with a decrease in pain intensity in both patients. **Discussion:** The results of this study are in line with previous research which explains that a decrease in pain intensity occurs because the relaxing effect of finger hold makes respondents feel relaxed and calm. The resulting electric waves are sent through the non-nociceptor afferent nerves to the organs that are experiencing interference to provide a relaxing effect and release the hormone endorphin so that pain decreases. **Conclusion:** Finger hold therapy can reduce pain intensity in SLE patients.

Keyword : Finger Hold, Pain, Systemic Lupus Erythematosus

¹ Nurse Profession Student of Poltekkes Kemenkes Yogyakarta

^{2,3} Lecturer of the Department of Nursing Poltekkes Kemenkes Yogyakarta

KARYA ILMIAH AKHIR NERS
PENERAPAN TERAPI *FINGER HOLD* DALAM PEMENUHAN
KEBUTUHAN RASA NYAMAN NYERI PADA PASIEN
DENGAN *SYSTEMIC LUPUS ERYTHEMATOSUS*
DI RSUP DR. SARDJITO

Rini Fatmawati¹, Harmilah², Sapta Rahayu Noamperani³
Jurusan Keperawatan Poltekkes Kemenkes Yogyakarta,
Jl. Tatabumi No.3 Banyuraden, Gamping, Sleman
Email : rinfatma0611@gmail.com

ABSTRAK

Latar belakang : *Systemic Lupus Erythematosus* merupakan autoimun dimana autoantibodi diproduksi berlebihan sehingga menyerang jaringan tubuh sendiri. SLE masuk urutan ke 5 (10,22%) dari 10 besar diagnosa utama di bangsal Dahlia 4 RSUP DR. Sardjito pada tahun 2022. Nyeri merupakan manifestasi klinis yang sering dijumpai pada pasien SLE, lebih dari 90 % penderita. Manajemen nyeri berupa farmakologi dan non-farmakologi salah satunya yaitu terapi *finger hold*. *Finger Hold* teknik relaksasi murah, sederhana dan mudah dilakukan untuk mengontrol ketegangan sehingga rileks dan dapat menurunkan nyeri. **Tujuan :** Mampu menerapkan terapi modalitas *finger hold* dalam pemenuhan kebutuhan rasa nyaman nyeri pada pasien dengan SLE di RSUP Dr. Sardjito. **Metode :** Studi kasus yang melibatkan 2 pasien dengan SLE. Instrumen berupa SOP relaksasi *finger hold*. Pengukuran intensitas nyeri dengan *Numeric Rating Scale* (NRS). *Finger hold* dilakukan selama 10 menit sebanyak 3 kali dalam 1 kali kunjungan. **Hasil :** Masalah keperawatan pada kedua pasien adalah nyeri akut berhubungan dengan agen pencedera fisiologi, setelah dilakukan intervensi terapi *finger hold* selama 10 menit sebanyak 3 kali dalam 1 kali kunjungan masalah keperawatan teratasi dengan terjadi penurunan intensitas nyeri pada kedua pasien. **Pembahasan :** Hasil penelitian ini sejalan dengan penelitian sebelumnya yang menjelaskan jika penurunan intensitas nyeri terjadi karena efek relaksasi *finger hold* membuat responden merasa rileks dan tenang. Gelombang listrik yang dihasilkan dikirim melalui saraf *aferon non-nosiseptor* menuju organ yang mengalami gangguan memberikan efek relaksasi dan mengeluarkan hormon endorpin sehingga nyeri menurun. **Kesimpulan :** Terapi *finger hold* dapat menurunkan intensitas nyeri pada pasien SLE.

Kata Kunci : *Finger hold*, Nyeri, *Systemic Lupus Erythematosus*

¹ Mahasiswa Pendidikan Profesi Ners Poltekkes Kemenkes Yogyakarta

^{2,3} Dosen Jurusan Keperawatan Poltekkes Kemenkes Yogyakarta