

**PENERAPAN TEKNIK RELAKSASI BENSON DALAM PEMENUHAN
KEBUTUHAN RASA NYAMAN : NYERI PASIEN POST ORIF
FRAKTUR CLAVICULA DI BANGSAL BIMA 3
RUMAH SAKIT AKADEMIK UGM**

Istiyani¹, Sapta Rahayu Noamperani², Abdul Majid³, Furaida Khasanah⁴
¹²³Jurusan Keperawatan Poltekkes Kemenkes Yogyakarta
Jl. Tatabumi No. 3 Banyuraden, Gamping, Sleman, Yogyakarta 55293
Email : iis_oka@ugm.ac.id

ABSTRAK

Latar Belakang : *World Health Organization* (WHO) mencatat bahwa insiden fraktur terjadi peningkatan, pada tahun 2017 terdapat kurang lebih 20 juta orang prevalensi 4,2% dan tahun 2018 meningkat menjadi 21 juta orang prevalensi 3,8%. Kejadian Fraktur memerlukan penanganan segera dan tepat, karena dapat menyebabkan masalah seperti gangguan rasa nyaman nyeri. Penatalaksanaan nyeri dapat dilakukan dengan dua cara yakni secara farmakologi dengan menggunakan obat analgesik dan nonfarmakologi salah satunya dengan teknik relaksasi benson. Relaksasi benson dipilih karena efektif menurunkan nyeri, terjangkau dan mudah dilakukan **Tujuan:** Mampu melaksanakan asuhan keperawatan dengan menerapkan teknik relaksasi benson pada pasien post ORIF Clavicula dalam menurunkan nyeri. **Metode:** studi kasus pada dua pasien post ORIF clavicula, instrument berupa SOP Teknik relaksasi benson selama 5- 10 menit selama 2 kali dalam 3 hari. **Hasil:** Pengkajian didapatkan kedua pasien mengalami nyeri, didapatkan prioritas masalah adalah nyeri, setelah dilakukan Teknik relaksasi benson maka masalah keperawatan teratasi dengan terjadinya penurunan nyeri. Hasil penelitian ini sejalan dengan penelitian sebelumnya yang menjelaskan bahwa penurunan nyeri terjadi karena efek Teknik relaksasi benson. **Kesimpulan:** Setelah pemberian Teknik relaksasi benson selama 5-10 menit selama 3 hari didapatkan hasil penurunan nyeri post ORIF Clavicula sinistra.

Kata Kunci: Fraktur, Nyeri, Relaksasi Benson

**APPLICATION OF BENSON RELAXATION TECHNIQS IN
SATISFACTION OF THE NEEDS OF THE PATIENT'S SENSATION OF
SAFETY POST ORIF CLAVICULA FRACTURE IN ROOM BIMA 3
ACADEMIC HOSPITAL
OF GADJAH MADA UNIVERSITY**

Istiyani¹, Sapta Rahayu Noamperani², Abdul Majid³, Furaida Khasanah⁴
¹²³Jurusan Keperawatan Poltekkes Kemenkes Yogyakarta
Jl. Tatabumi No. 3 Banyuraden, Gamping, Sleman, Yogyakarta 55293
Email : iis_oka@ugm.ac.id

ABSTRACT

Background: The World Health Organization (WHO) notes that the incidence of fractures has increased, in 2017 there were approximately 20 million people with a prevalence of 4.2% and in 2018 it has risen to 21 million people, the prevalence is 3.8%. Fractures require immediate and timely treatment, as they can cause problems such as pain disorders. Pain management can be done in two ways: pharmacologically using analgesic drugs and non-pharmacological one using benzene relaxation techniques. Benson relaxation was chosen because it was effective in relieving pain, affordable and easy to do **Objective:** Be able to carry out nursing care by applying benzene relaxation techniques to patients after ORIF Clavicula in pain relief. **Method:** case study in two patients post ORIF clavicula, instrument type SOP Technique of relaxation benzene salaam 5- 10 minutes for 2 times in 3 days. **Results:** The study obtained both patients have pain, obtaining priority problem is pain, after doing benzene relaxation technique then nursing problem solved with the occurrence of pain reduction. The results of this study are in line with previous studies that explained that the reduction in pain occurred due to the effects of benzene relaxation techniques.

Conclusion: After the administration of benzene relaxation technique for 5-10 minutes for 3 days obtained results of pain reduction post ORIF Clavicula sinistra.

Keywords: fracture, pain, relaxation Benson