

**PENERAPAN TEKNIK *CRYOTHERAPY* DALAM PEMENUHAN  
KEBUTUHAN RASA NYAMAN : NYERI PASIEN  
POST OPERASI ORIF FRAKTUR FEMUR  
DI RSUD SLEMAN**

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**ABSTRACT**

**Background:** The main problem in patients with fractures is pain, as well as in patients after ORIF femur surgery. Pain management that can be done non-pharmacologically is cold compress therapy/cryotherapy.

**Objective:** Able to carry out nursing care by applying cold compress therapy/Cryotherapy techniques to post ORIF femur surgery patients in the Alamanda 2 RSUD Sleman to reduce pain

**Method:** Case study of two patients post ORIF femur surgery, instrument in the form of SOP cold compress therapy/Cryotherapy for 10-15 minutes twice in three days

**Results:** During the assessment two patients complained of pain as a priority problem. After cold compress therapy/Cryotherapy treatment, the nursing problem was resolved with a reduction in pain. The results of this study are in line with previous research which explained that the reduction in pain occurred due to the effect of cold compress therapy/Cryotherapy.

**Conclusion:** cold compress therapy/Cryotherapy can reduce complaints of pain after ORIF femur surgery.

**Keywords:** Fracture, Pain, cold compress therapy/Cryotherapy

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