

International



PALLIATIVE CARE SEMINAR

*Interprofessional work in enhancing family roles in palliative care:
Lesson learned from several countries*

PROCEEDING

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HIMIKA FK UGM

GROUP B**ORAL PRESENTATIONS : CANCER****Place : TUTORIAL ROOM 8, 3rd. FLOOR**

No.	PRESENTER	TOPIC	TIME
1	Kuniarti Rachmat, Haryani, Probosuseno, Christantie Effendy	Effect Of The Implementation Of Pro-Self Program On Quality Of Life Among Chemotherapy Patients In Adult ward, Dr. Sardjito hospital Yogyakarta	14.30-14.45
2	Itsna Luthfi Kholisa, Sharon B. Kinney	Critical Appraisal Topic On Palliative Chemotherapy And Supportive Care Only In Patients With Advanced Cancer	14.47-15.02
3	Siti Nurhasanah, Anastasia Anna < ns_sitinurhasanah@yahoo.com >	Quality Of Life In Patient With Breast Cancer During Chemotherapy At Surgical Oncology Clinic In Rsup Dr. HasanSadikin Bandung	15.04-15.19
4	Jenita DT Donsu, Rosa Delima, Sri Arini Rinawati donsu.tine@gmail.com	Five fingers on the effect of hypnosis anxiety reduction in breast cancer patients	15.21-15.36
5	Tetti Solehati, Nita Fitria, Cecep Eli Kosasih. tsh_tetti@yahoo.com	The Effect of Education on Breast Self-Examination on The Knowledge and Skills of Health Cadr esinJalupang Village and Banggalamulya Village, Sub-district Kalijati, Subang	15.38-15.53
6	Jesika Pasaribu monaliza_jessica@yahoo.com	The Effect Of Cognitive Therapy On Anxiety And Depression In Cancer Patients at Dharmais hospital Jakarta	15.55-16.10

FIVE FINGERS ON THE EFFECT OF HYPNOSIS ANXIETY REDUCTION IN BREAST CANCER PATIENTS

Jenita D.T. Donsu, Rosa D. Ekwantini, Sri Arini Rinawati

ABSTRACT

Background: The incidence of cancer in Indonesia is increasing, but according to Esch, et al., (2011) breast cancer incidence rate in Europe also increased but decreased mortality rate. Some studies say, one of the intervention in reduce mortality is to reduce anxiety. The onset of anxiety lead to various physiological changes in the body's system to adapt and maintain normal conditions. This can impair brain function and lower the immune system, thus effective strategies are needed to reduce the anxiety of breast cancer patients, among others through hypnosis techniques five fingers. This study aims to determine the effect of hypnosis five fingers to decrease anxiety levels in breast cancer patients Polyclinic Hospital Dr. Tulip Sardjito. Yogyakarta.

Method: This research is a quasi experiment with pre-test post-test one group design without control group. In this design the experimental group performed the initial selection in the form of a pre-test prior to the intervention and post-test.

Results: There were 17 patients (56.7%) experienced mild anxiety and 13 patients (43.3%) experienced moderate anxiety. There were 13 patients who experienced a reduction in anxiety levels from level to level of anxiety was mild anxiety after hypnosis treatment given five fingers, while 17 patients did not change (fixed) at a rate of mild anxiety. The statistical result obtained by the Wilcoxon rank test significancy 0.001 or <0.05 , which means that there is a difference or a significant effect on the reduction in anxiety before and after a five finger hypnosis in breast cancer patients who experience anxiety. The level of anxiety experienced by breast cancer patients were mild and moderate anxiety, and no patient experienced severe anxiety. Hypnosis five fingers anxiety effect on the decline in breast cancer patients level of anxiety is becoming a mild level of anxiety, although not eliminate anxiety.

Key words : anxiety, breast cancer, five fingers hypnotic