

PENERAPAN TERAPI DISTRAKSI AUDIOVISUAL UNTUK PENURUNAN TINGKAT NYERI PADA ANAK DENGAN TINDAKAN *INVASIF* DI RSUD NYI AGENG SERANG

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ABSTRAK

Latar Belakang : Teknik distraksi audio visual merupakan kombinasi antara distraksi pendengaran (audio) dan penglihatan (visual) yang digunakan untuk mengalihkan perhatian pasien terhadap sesuatu yang membuat cemas, tidak nyaman, membuat takut dengan cara menampilkan tayangan favorit berupa gambar bergerak, bersuara atau animasi.

Tujuan : Penelitian ini untuk mengetahui penerapan terapi distraksi audiovisual untuk penurunan tingkat nyeri pada anak dengan tindakan *invasif*.

Metode : Jenis penelitian studi kasus dengan subjek penelitian berjumlah 2 anak yang mengalami nyeri saat tindakan *invasif* di Ruang Anak RSUD Nyi Ageng Serang.

Hasil : Penerapan terapi distraksi audiovisual pada anak yang mengalami nyeri saat tindakan *invasif* dapat menurunkan tingkat nyeri ditandai dengan ibu klien mengatakan anak sudah berkurang untuk rasa nyerinya setelah diberikan distraksi audiovisual, durasi menangis anak setelah diberikan tindakan keperawatan menurun, skala nyeri *Wong Baker Pain Rating Scale* menurun.

Kesimpulan : Penerapan terapi distraksi audiovisual dapat menurunkan tingkat nyeri pada anak dengan tindakan *invasif*

Kata Kunci : Anak usia prasekolah, Terapi distraksi audiovisual, Tingkat nyeri

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APPLICATION OF AUDIOVISUAL DISTRACTION THERAPY TO REDUCE PAIN LEVELS IN CHILDREN WITH INVASIVE PROCEDURES AT NYI AGENG SERANG HOSPITAL

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ABSTRACT

Background: Audio visual distraction techniques are a combination of auditory (audio) and visual distractions that are used to distract the patient's attention from something that makes them anxious, uncomfortable, and scary by displaying their favorite shows in the form of moving images, sounds or animations.

Objective: This study is to determine the application of audiovisual distraction therapy to reduce pain levels in children with invasive procedures.

Method: A type of case study research with 2 research subjects who experienced pain during invasive procedures in the Children's Room of Nyi Ageng Serang Hospital.

Results: The application of audiovisual distraction therapy in children who experience pain during invasive measures can reduce pain levels is characterized by the client's mother saying that the child has reduced his pain after being given audiovisual distractions, the duration of children's crying after being given nursing treatment decreases, the Wong Baker Pain Rating Scale decreases.

Conclusion: The application of audiovisual distraction therapy can reduce pain levels in children with invasive procedures

Keywords: Preschoolers, Audiovisual-visual distraction therapy, Pain levels

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