

**APPLICATION OF FOOT AND HAND MASSAGE IN FULFILLING
COMFORT NEEDS: PAIN MANAGEMENT IN NON-ST ELEVATION
MYOCARDIAL INFARCTION (NSTEMI) PATIENTS AT
DR. SARDJITO HOSPITAL, YOGYAKARTA**

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ABSTRACT

Background: Cardiovascular diseases, particularly Non-ST Elevation Myocardial Infarction (NSTEMI), are among the leading causes of death worldwide and often result in significant chest pain in patients. Uncontrolled pain can have adverse physiological and psychological effects, such as increased blood pressure, anxiety, and cardiac arrhythmias. Therefore, effective pain management is essential. **Objective:** To implement foot and hand massage therapy as part of nursing care to alleviate chest pain in NSTEMI patients in the ICCU of RSUP Dr. Sardjito, Yogyakarta. **Methods:** This study utilized a case study approach involving two patients experiencing pain due to NSTEMI. The intervention consisted of foot and hand massage therapy for 20 minutes over three consecutive days, following a standardized operating procedure (SOP). **Results:** The primary nursing problem identified was acute pain related to physiological injury agents (acute coronary syndrome NSTEMI). Following the intervention, both patients showed a reduction in pain scale, although the nursing problem was only partially resolved. **Discussion:** This case study supports previous research indicating that foot and hand massage therapy can effectively reduce pain levels in NSTEMI patients. **Conclusion:** Foot and hand massage therapy can be an effective non-pharmacological intervention to reduce chest pain in NSTEMI patients.

Keywords: *Foot and Hand Massage, Chest Pain, NSTEMI*

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**PENERAPAN *FOOT HAND MASSAGE* DALAM PEMENUHAN
KEBUTUHAN RASA NYAMAN: NYERI PASIEN NON *ST ELEVATION*
MYOCARDIAL INFARCTION (NSTEMI) DI RSUP. SARDJITO
YOGYAKARTA**

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ABSTRAK

Latar Belakang: Penyakit kardiovaskular, khususnya Non-ST Elevation Myocardial Infarction (NSTEMI), merupakan salah satu penyebab utama kematian di dunia dan sering menimbulkan keluhan nyeri dada yang signifikan pada pasien. Nyeri yang tidak terkontrol dapat berdampak buruk secara fisiologis maupun psikologis, seperti peningkatan tekanan darah, kecemasan, dan gangguan irama jantung, sehingga memerlukan penanganan yang efektif. **Tujuan:** Mampu menerapkan terapi *foot hand massage* dalam asuhan keperawatan dengan masalah nyeri dada pada pasien Non-ST Elevation Myocardial Infarction (NSTEMI) di Ruang ICCU RSUP Dr. Sardjito Yogyakarta. **Metode:** Studi kasus dengan pendekatan asuhan keperawatan pada 2 pasien yang mengalami nyeri akibat NSTEMI. Instrumen yang digunakan berupa SOP terapi *foot hand massage*. Terapi *foot hand massage* dilakukan 20 menit selama 3 hari. **Hasil:** Masalah keperawatan pada kedua pasien adalah nyeri akut berhubungan dengan agen pencedera fisiologis (sindrom koroner akut NSTEMI). Setelah dilakukan terapi *foot hand massage* selama 20 menit selama 3 hari masalah keperawatan teratasi sebagian dengan menurunnya skala nyeri. **Pembahasan:** Studi kasus ini sesuai dengan penelitian sebelumnya yang mengatakan bahwa terapi *foot hand massage* mampu menurunkan skala nyeri pada pasien NSTEMI. **Kesimpulan:** Terapi *foot hand massage* mampu menurunkan skala nyeri dada pada pasien NSTEMI.

Kata Kunci: Foot Hand Massage, Nyeri Dada, NSTEMI

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