

PENERAPAN *HAND MASSAGE THERAPY* TERHADAP PENURUNAN NYERI PADA PASIEN KANKER PAYUDARA *POST* KEMOTERAPI DI RSUD PANEMBAHAN SENOPATI BANTUL

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ABSTRAK

Latar Belakang: Kanker payudara merupakan penyebab kematian tertinggi pada wanita di dunia. Salah satu terapi bagi penderita kanker payudara adalah kemoterapi, namun sering menimbulkan efek samping berupa nyeri pada 60% hingga 66% pasien. Nyeri tidak teratasi dapat menurunkan kualitas hidup pasien secara fisik maupun psikologis. *Hand massage therapy* merupakan intervensi non-farmakologis yang berpotensi menurunkan nyeri melalui stimulasi mekanoreseptor kulit dan pelepasan endorfin.

Tujuan: Mengetahui penerapan *hand massage therapy* dalam menurunkan intensitas nyeri pasien kanker payudara setelah menjalani kemoterapi pertama di RSUD Panembahan Senopati Bantul.

Metode: Metode studi kasus dengan pendekatan asuhan keperawatan yang melibatkan dua pasien. Instrumen pengumpulan data meliputi format pengkajian keperawatan dan skala nyeri *Numeric Rating Scale* (NRS). Intervensi dilakukan selama 15 menit sesuai SOP selama 3 kali pertemuan dengan intensitas tekanan sedang sesuai kenyamanan klien.

Hasil: Kedua klien mengalami nyeri akut dengan skala 4 pada klien 1 dan skala 3 pada klien 2. Setelah dilakukan tiga kali intervensi, terjadi penurunan intensitas nyeri yang signifikan pada kedua klien, klien 1 dari skala 4 menjadi 1, sementara klien 2 dari skala 3 menjadi 0. Intervensi ini memicu aktivasi serabut saraf A-beta yang “menutup gerbang” transmisi nosiseptif serta merangsang pelepasan hormon endorfin sebagai analgesik alami. Respons subjektif klien menunjukkan peningkatan kenyamanan, tubuh terasa lebih rileks, dan ketegangan otot berkurang.

Kesimpulan: Penerapan *hand massage therapy* efektif secara empiris menurunkan nyeri ringan hingga sedang pada pasien kanker payudara yang menjalani kemoterapi pertama dan dapat dijadikan sebagai alternatif penatalaksanaan nyeri non-farmakologis bagi tenaga kesehatan maupun pendamping pasien di rumah.

Kata Kunci: *hand massage therapy*, kanker payudara, kemoterapi, nyeri.

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APPLICATION OF HAND MASSAGE THERAPY IN REDUCING PAIN AMONG BREAST CANCER POST-CHEMOTHERAPY AT PANEMBAHAN SENOPATI BANTUL HOSPITAL

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ABSTRACT

Background: Breast cancer is the leading cause of death among women worldwide. One of the primary treatment modalities for breast cancer patients is chemotherapy; however, it frequently causes pain as a side effect in approximately 60% to 66% of patients. Unmanaged pain may adversely affect patients' physical and psychological quality of life. Hand massage therapy is a non-pharmacological intervention that has the potential to reduce pain through the stimulation of cutaneous mechanoreceptors and the release of endorphins.

Objective: To determine the application of hand massage therapy in reducing pain intensity among breast cancer patients after undergoing their first chemotherapy session at RSUD Panembahan Senopati Bantul.

Methods: This study employed a case study design using a nursing care approach involving two patients. Data collection instruments included a nursing assessment form and the Numeric Rating Scale (NRS) for pain assessment. The intervention was administered for 15 minutes according to the Standard Operating Procedure (SOP) over three sessions, using moderate pressure intensity adjusted to the patients comfort level.

Results: Both patients experienced acute pain, with a pain score of 4 in Patient 1 and 3 in Patient 2. After three intervention sessions, a significant reduction in pain intensity was observed in both patients. Patient 1's pain score decreased from 4 to 1, while Patient 2's pain score decreased from 3 to 0. The intervention stimulated the activation of A-beta nerve fibers, which "closed the gate" to nociceptive transmission, and promoted the release of endorphins as natural analgesics. Subjective responses indicated increased comfort, greater relaxation, and reduced muscle tension.

Conclusion: The application of hand massage therapy was empirically effective in reducing mild to moderate pain among breast cancer patients undergoing their first chemotherapy session. Therefore, it may serve as an alternative non-pharmacological pain management strategy for healthcare professionals and family caregivers in home settings.

Keywords: *breast cancer, chemotherapy, hand massage therapy, pain.*

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