

PENERAPAN *TEN SKILLED HAND EXERCISE* DAN *BUERGER ALLEN EXERCISE* DALAM PEMENUHAN KEBUTUHAN Sirkulasi: PERFUSI PERIFER TIDAK EFEKTIF PADA PASIEN PASCA KEMOTERAPI KANKER PAYUDARA DI RSUD DR. MOEWARDI

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ABSTRAK

Latar Belakang: Kanker payudara merupakan salah satu kanker dengan angka kejadian tertinggi pada perempuan. Kemoterapi sebagai terapi utama dapat menyebabkan gangguan sirkulasi perifer akibat efek neurotoksik obat kemoterapi yang berdampak pada munculnya perfusi perifer tidak efektif. Kondisi tersebut dapat menimbulkan penurunan sensasi perifer, ketidaknyamanan pada ekstremitas, serta keterbatasan dalam melakukan aktivitas sehari-hari. Salah satu intervensi keperawatan nonfarmakologis yang dapat diterapkan adalah *Ten Skilled Hand Exercise* (TSHE) dan *Buerger Allen Exercise* (BAE).

Tujuan: Mengetahui penerapan *Ten Skilled Hand Exercise* dan *Buerger Allen Exercise* dalam pemenuhan kebutuhan sirkulasi pada pasien dengan diagnosis keperawatan perfusi perifer tidak efektif pasca kemoterapi kanker payudara di RSUD Dr. Moewardi.

Metode: Studi kasus dengan pendekatan proses keperawatan pada dua pasien pasca kemoterapi kanker payudara dengan diagnosis keperawatan perfusi perifer tidak efektif. Data dikumpulkan melalui anamnesis, observasi, pemeriksaan fisik, studi dokumentasi, dan penilaian menggunakan instrumen EORTC QLQ-CIPN20. Intervensi berupa TSHE dan BAE diberikan sebanyak 4x dengan durasi 30 menit.

Hasil: Setelah dilakukan intervensi, terjadi peningkatan sensasi perifer, penurunan keluhan pada ekstremitas, serta peningkatan kenyamanan dalam melakukan aktivitas sehari-hari yang menunjukkan perbaikan perfusi perifer, serta penurunan Skor EORTC QLQ-CIPN20.

Kesimpulan: Penerapan *Ten Skilled Hand Exercise* dan *Buerger Allen Exercise* membantu memenuhi kebutuhan sirkulasi melalui peningkatan perfusi perifer pada pasien pasca kemoterapi kanker payudara.

Kata Kunci : *Buerger Allen Exercise*, kanker payudara, kemoterapi, perfusi perifer tidak efektif, *Ten Skilled Hand Exercise*.

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**APPLICATION OF TEN SKILLED HAND EXERCISE AND BUERGER
ALLEN EXERCISE IN FULFILLING CIRCULATION NEEDS:
INEFFECTIVE PERIPHERAL PERFUSION IN POST-CHEMOTHERAPY
BREAST CANCER PATIENTS AT MOEWARDI REGIONAL GENERAL
HOSPITAL**

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ABSTRACT

Background: Breast cancer is one of the most common cancers among women worldwide. Chemotherapy, as a primary treatment, may cause impaired peripheral circulation due to the neurotoxic effects of chemotherapeutic agents, resulting in ineffective peripheral tissue perfusion. This condition can lead to decreased peripheral sensation, discomfort in the extremities, and limitations in performing daily activities. One of the non-pharmacological nursing interventions that can be applied is the combination of Ten Skilled Hand Exercise (TSHE) and Buerger Allen Exercise (BAE).

Objective: To describe the implementation of Ten Skilled Hand Exercise and Buerger Allen Exercise in improving peripheral circulation among post-chemotherapy breast cancer patients with ineffective peripheral tissue perfusion at Dr. Moewardi Regional General Hospital.

Methods: This descriptive case study applied the nursing process approach to two post-chemotherapy breast cancer patients diagnosed with ineffective peripheral tissue perfusion. Data were collected through interviews, observation, physical examination, documentation review, and assessment using the European Organisation for Research and Treatment of Cancer Quality of Life Questionnaire–Chemotherapy-Induced Peripheral Neuropathy 20 (EORTC QLQ-CIPN20). The TSHE and BAE interventions were administered in four sessions, with each session lasting 30 minutes.

Results: After the intervention, improvements were observed in peripheral sensation, reductions in extremity complaints, and increased comfort in performing activities of daily living, indicating improved peripheral tissue perfusion, along with a reduction in EORTC QLQ-CIPN20 scores.

Conclusion: The implementation TSHE and BAE, helps fulfill circulatory needs by improving peripheral tissue perfusion in post-chemotherapy breast cancer patients.

Keywords: breast cancer, chemotherapy, peripheral perfusion, Ten Skilled Hand Exercise, Buerger Allen Exercise.

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