

PENERAPAN *GUIDED IMAGERY* DALAM PEMENUHAN KEBUTUHAN RASA NYAMAN NYERI PADA PASIEN POST OPERASI ORIF DI RSUP DR. SARDJITO

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ABSTRAK

Latar Belakang: Pasien pasca operasi *Open Reduction Internal Fixation* (ORIF) sering mengalami nyeri akut akibat kerusakan jaringan dan respons inflamasi pasca pembedahan. Nyeri yang tidak teratasi dapat menghambat mobilisasi, mengganggu istirahat, serta memperlambat proses pemulihan pasien. Salah satu intervensi nonfarmakologis yang dapat digunakan untuk membantu menurunkan nyeri adalah *Guided Imagery*.

Tujuan: Menggambarkan penerapan terapi *Guided Imagery* dalam menurunkan tingkat nyeri pada pasien post operasi ORIF di RSUP Dr. Sardjito Yogyakarta.

Metode: Studi kasus deskriptif dengan pendekatan asuhan keperawatan pada dua pasien post operasi ORIF yang mengalami nyeri akut. Pengkajian nyeri dilakukan menggunakan *Numeric Rating Scale* (NRS). Intervensi *Guided Imagery* diberikan selama 10 menit dengan mengarahkan pasien membayangkan suasana yang nyaman dan menenangkan. Evaluasi dilakukan melalui pengukuran tingkat nyeri sebelum dan sesudah intervensi selama masa pengelolaan kasus.

Hasil: Penerapan terapi *Guided Imagery* efektif dalam menurunkan nyeri dan sebagai terapi komplementer dari terapi farmakologi. Hasil kedua pasien didapatkan penurunan nyeri. Selain penurunan skala nyeri, pasien tampak lebih rileks, meringis berkurang, dan mampu mengontrol nyeri dengan lebih baik. Perbedaan hasil penurunan nyeri dipengaruhi oleh kemampuan konsentrasi, pengalaman operasi sebelumnya, kondisi psikologis, serta kemampuan pasien dalam membangun visualisasi selama terapi berlangsung.

Kesimpulan: Penerapan *Guided Imagery* menurunkan tingkat nyeri pada pasien post operasi ORIF. *Guided Imagery* dapat digunakan sebagai intervensi keperawatan komplementer untuk membantu meningkatkan kenyamanan dan mengurangi nyeri pada pasien pasca operasi ORIF.

Kata Kunci: *Guided Imagery*, nyeri akut, ORIF, fraktur, asuhan keperawatan.

THE APPLICATION OF GUIDED IMAGERY IN MANAGING PAIN AND PROMOTING COMFORT IN POST-OPERATIVE ORIF PATIENTS AT DR. SARDJITO GENERAL HOSPITAL

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ABSTRACT

Background: Patients who have undergone Open Reduction Internal Fixation (ORIF) surgery often experience acute pain due to tissue damage and postoperative inflammatory responses. Unmanaged pain can hinder mobility, disrupt rest, and slow down the patient's recovery process. One nonpharmacological intervention that can be used to help reduce pain is Guided Imagery.

Objective: To describe the application of Guided Imagery therapy in reducing pain levels in post-operative ORIF patients at Dr. Sardjito General Hospital, Yogyakarta.

Methods: A descriptive case study using a nursing care approach involving two post-operative ORIF patients experiencing acute pain. Pain assessment was conducted using the Numeric Rating Scale (NRS). The Guided Imagery intervention was administered for 10 minutes by guiding patients to visualize a comfortable and soothing environment. Evaluation was performed by measuring pain levels before and after the intervention during the case management period.

as an adjunct to pharmacological therapy to help improve comfort and reduce pain in patients following ORIF surgery.

Results: The use of guided imagery therapy is effective in reducing pain and as a complementary therapy to pharmacological treatment. Both patients experienced a reduction in pain. In addition to the reduction in pain scores, the patients appeared more relaxed, grimaced less, and were able to control their pain better. Differences in pain reduction outcomes were influenced by concentration ability, previous surgical experience, psychological condition, and the patients' ability to create visualizations during the therapy.

Conclusion: The use of guided imagery reduces pain levels in patients who have undergone ORIF surgery. Guided Imagery can be used as a non-pharmacological nursing intervention to complement pharmacological therapy, helping to improve comfort and reduce pain in post-operative ORIF patients.

Keywords: Guided Imagery, acute pain, ORIF, fracture, nursing care.