

**PENERAPAN KOMBINASI AKUPRESUR LI 4 (*HEGU POINT*) DAN
AROMATERAPI PEPPERMINT DALAM PEMENUHAN
KEBUTUHAN RASA NYAMAN NYERI PADA PASIEN
PASCA LAPAROTOMI DI RSUP DR. SARDJITO**

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ABSTRAK

Latar Belakang: Nyeri akut merupakan masalah keperawatan yang sering dialami pasien pasca laparotomi akibat kerusakan jaringan selama prosedur pembedahan. Nyeri yang tidak tertangani dapat menghambat mobilisasi, mengganggu istirahat, dan memperlambat proses pemulihan. Salah satu terapi nonfarmakologi yang dapat digunakan untuk membantu menurunkan nyeri adalah kombinasi akupresur titik LI 4 (*Hegu Point*) dan aromaterapi peppermint.

Metode: Studi kasus pada dua pasien pasca laparotomi dengan masalah keperawatan nyeri akut di RSUP Dr. Sardjito Yogyakarta. Asuhan keperawatan dilakukan selama tiga hari meliputi pengkajian, penegakan diagnosis keperawatan, perencanaan, implementasi, dan evaluasi. Intervensi yang diberikan berupa kombinasi akupresur titik LI 4 (*Hegu Point*) dan aromaterapi peppermint dua kali sehari selama tiga hari. Intensitas nyeri diukur menggunakan *Numeric Rating Scale* (NRS).

Hasil: Hasil pengkajian menunjukkan kedua pasien mengalami nyeri akut pasca laparotomi. Diagnosis keperawatan prioritas yang ditegakkan adalah nyeri akut berhubungan dengan agen pencedera fisik akibat prosedur pembedahan. Setelah penerapan kombinasi akupresur titik LI 4 (*Hegu Point*) dan aromaterapi peppermint selama tiga hari, terjadi penurunan intensitas nyeri pada kedua pasien. Skala nyeri pada Ny. SA menurun dari 6 menjadi 2, sedangkan pada Ny. SU menurun dari 7 menjadi 2. Selain itu, pasien tampak lebih nyaman, ekspresi meringis berkurang, dan kemampuan mobilisasi meningkat.

Kesimpulan: Kombinasi akupresur titik LI 4 (*Hegu Point*) dan aromaterapi peppermint dapat digunakan sebagai terapi komplementer dalam asuhan keperawatan untuk membantu menurunkan nyeri pada pasien pasca laparotomi. Intervensi ini mudah diterapkan, aman, dan dapat digunakan sebagai pendukung terapi medis dalam manajemen nyeri pascaoperasi.

Kata Kunci: nyeri akut, laparotomi, akupresur titik LI 4 (*Hegu Point*), aromaterapi peppermint, asuhan keperawatan.

**APPLICATION OF A COMBINATION OF LI 4 (HEGU POINT)
ACUPRESSURE AND PEPPERMINT AROMATHERAPY IN FULFILLING
COMFORT NEEDS RELATED TO PAIN IN POST-LAPAROTOMY
PATIENTS AT DR. SARDJITO GENERAL HOSPITAL**

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ABSTRACT

Background: Acute pain is a common nursing problem experienced by post-laparotomy patients due to tissue damage caused by surgical procedures. Unmanaged pain may hinder mobilization, disrupt rest and sleep, and delay the recovery process. One of the non-pharmacological therapies that can be used to help reduce pain is a combination of LI 4 (Hegu Point) acupressure and peppermint aromatherapy.

Methods: This case study involved two post-laparotomy patients with acute pain nursing problems at Dr. Sardjito General Hospital, Yogyakarta. Nursing care was provided for three days and included assessment, nursing diagnosis, planning, implementation, and evaluation. The intervention consisted of a combination of LI 4 (Hegu Point) acupressure and peppermint aromatherapy administered twice daily for three days. Pain intensity was measured using the Numeric Rating Scale (NRS).

Results: The assessment findings showed that both patients experienced acute pain following laparotomy. The priority nursing diagnosis established was acute pain related to physical injury agents secondary to surgical procedures. After the application of the combination of LI 4 (Hegu Point) acupressure and peppermint aromatherapy for three days, pain intensity decreased in both patients. The pain score of Mrs. SA decreased from 6 to 2, while the pain score of Mrs. SU decreased from 7 to 2. In addition, the patients appeared more comfortable, showed reduced grimacing, and demonstrated improved mobility.

Conclusion: The combination of LI 4 (Hegu Point) acupressure and peppermint aromatherapy can be used as a complementary therapy in nursing care to help reduce pain in post-laparotomy patients. This intervention is easy to apply, safe, and may serve as a supportive therapy in postoperative pain management.

Keywords: acute pain, laparotomy, LI 4 (Hegu Point) acupressure, peppermint aromatherapy, nursing care.