

ABSTRAK

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Implementasi *Foot Massage* dalam Menurunkan Respon Nyeri pada Pasien Post Histerektomi dengan Mioma Uteri di Ruang Dahlia RSD. dr Soebandi Jember

103 hal + 1 bagan + 3 gambar + 9 tabel + 8 lampiran

Abstrak

Latar Belakang : Nyeri pasca histerektomi dengan mioma uteri merupakan kondisi umum yang menimbulkan ketidaknyamanan signifikan bagi pasien. Mioma uteri adalah tumor jinak yang berkembang di dinding rahim dan sering memerlukan tindakan histerektomi sebagai solusi definitif, terutama jika menyebabkan gejala berat seperti perdarahan dan nyeri. Implementasi farmakologis kerap menjadi pilihan utama, namun tidak selalu cukup untuk mengatasi nyeri secara menyeluruh.

Tujuan : Penelitian ini bertujuan mengevaluasi efektivitas terapi implementasi berupa *Foot Massage* dalam menurunkan respon nyeri pada pasien post histerektomi dengan mioma uteri. **Metode :** Desain penelitian menggunakan pendekatan deskriptif studi kasus yang dilaksanakan di Ruang Dahlia RSD dr. Soebandi Jember, dengan tiga pasien sebagai responden. Implementasi *Foot Massage* dilakukan selama tiga hari berturut-turut, masing-masing 15 menit per sesi. Pengukuran nyeri dilakukan menggunakan *Numeric Rating Scale* (NRS) sebelum dan sesudah intervensi. **Hasil :** Hasil menunjukkan penurunan nyeri yang konsisten: dari skor 7–9 sebelum intervensi menjadi 3–5 setelahnya. *Foot Massage* terbukti mampu meningkatkan ambang nyeri melalui stimulasi relaksasi, peningkatan sirkulasi darah, dan pelepasan endorfin. **Kesimpulan :** Teknik ini juga mudah diterapkan, aman, dan dapat dilakukan oleh keluarga atau tenaga kesehatan sebagai bagian dari manajemen nyeri non-farmakologis. Hasil penelitian ini mendukung *Foot Massage* sebagai intervensi komplementer yang layak diintegrasikan ke dalam praktik keperawatan berbasis bukti EBP (*Evidence-Based Practice Nursing*), terutama dalam perawatan pascaoperasi ginekologis. Temuan ini diharapkan memberi kontribusi terhadap pengembangan implementasi keperawatan non-invasif yang efektif dan humanis.

Kata kunci : *Foot Massage*, Histerektomi, Mioma Uteri, Nyeri

ABSTRACT

MUHAMMADIYAH UNIVERSITY OF JEMBER
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Implementation of Foot Massage to Reduce Pain Response in Post-Hysterectomy Patients with Uterine Myoma in the Dahlia Ward, Dr. Soebandi Regional Hospital, Jember

103 pages + 1 chart + 3 figures + 9 tables + 8 appendices

Abstract

Background : Patients frequently experience severe agony following a hysterectomy due to uterine myoma. A hysterectomy is frequently necessary as a final treatment for uterine myomas, which are benign tumors that grow in the uterine wall and are particularly problematic if they result in significant symptoms like pain and bleeding. Although pharmacological intervention is frequently the preferred option, it is not always enough to totally eliminate pain. **Objective :** The purpose of this study is to assess how well Foot Massage as an implementation treatment reduces pain responses in individuals who have had a hysterectomy and have uterine myoma. **Method :** Three patients participated in the study, which was conducted in the Dahlia Room at RSD Dr. Soebandi Jember using a descriptive case study methodology. For three days in a row, Foot Massages were implemented, lasting 15 minutes each time. The Numeric Rating Scale (NRS) was used to quantify pain both before and after the intervention. **Result :** According to the data, pain consistently decreased, going from a score of 7–9 prior to the intervention to 3–5 following it. It has been demonstrated that Foot Massage raises the pain threshold by promoting relaxation, boosting blood flow, and releasing endorphins. **Conclusion :** In addition to being safe and simple to use, this method may be used by family members or medical professionals as a non-pharmacological pain treatment strategy. The study's findings provide credence to Foot Massage as a supplemental treatment that should be incorporated into evidence-based nursing practice (EBP), particularly in the context of gynecologic postoperative care. An other strategy to increase patient comfort and hasten the healing process is this Foot Massage activity. It is anticipated that these findings will aid in the creation of humane and successful non-invasive nursing practices.

Keywords: Foot Massage, Hysterectomy, Uterine Myoma, Pain
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