

ABSTRAK

UNIVERSITAS MUHAMMADIYAH JEMBER
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Penerapan Terapi *Guided Imagery* untuk Menurunkan Nyeri Post Operasi pada Pasien Ca Mammae di Ruang Dahlia RSUD dr. H. Koesnadi Bondowoso

Abstrak

Pendahuluan: Kanker payudara (carcinoma mammae) merupakan salah satu penyebab kematian tertinggi pada wanita di Indonesia. Pasien pasca operasi Modified Radical Mastectomy (MRM) sering mengalami nyeri akut yang memerlukan manajemen efektif. Terapi *guided imagery* sebagai metode nonfarmakologis diharapkan dapat membantu mengurangi intensitas nyeri melalui relaksasi dan visualisasi positif. **Tujuan:** Mendeskripsikan penerapan terapi *guided imagery* untuk menurunkan nyeri post operasi pada pasien ca mammae di ruang dahlia RSUD dr. H. Koesnadi Bondowoso. **Metode:** Penelitian ini merupakan studi kasus deskriptif yang dilakukan pada satu pasien post operasi Ca Mammae di ruang Dahlia RSUD dr. H. Koesnadi Bondowoso. Intervensi terapi *guided imagery* dilaksanakan selama tiga hari berturut-turut (23–25 Februari 2024) disertai pemantauan tanda vital, pengkajian lokasi dan intensitas nyeri menggunakan Numeric Rating Scale (NRS) serta kolaborasi pemberian analgesik (Peinlos injeksi 2×1). **Hasil:** implementasi asuhan keperawatan menunjukkan penurunan bertahap intensitas nyeri. Pada hari pertama, skala nyeri menurun dari 5 menjadi 4, hari kedua turun menjadi 3 dan hari ketiga menurun lagi menjadi 2 setelah diberikan intervensi. Pasien juga melaporkan perasaan lebih rileks dan nyaman setelah setiap sesi terapi. **Kesimpulan:** Terapi *guided imagery* terbukti efektif sebagai salah satu intervensi non farmakologis, terapi imajinasi dengan suasana seperti dipantai dengan persetujuan pasien dalam menurunkan nyeri post operasi pada pasien Ca Mammae. Penerapan terapi ini disarankan sebagai bagian dari asuhan keperawatan berbasis evidence.

Kata Kunci: Carcinoma Mammae, *Guided Imagery*, Modified Radical Mastectomy, Nyeri Post Operasi

ABSTRACT

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Application of *Guided Imagery Therapy* to Reduce Postoperative Pain in Ca Mammae Patients in the Dahlia Room of dr. H. Koesnadi Bondowoso Hospital

Abstract

Introduction: Breast cancer (carcinoma mamma) is one of the highest causes of death in women in Indonesia. Postoperative patients with Modified Radical Mastectomy (MRM) often experience acute pain that requires effective management. *Guided imagery therapy* as a non-pharmacological method is expected to help reduce pain intensity through relaxation and positive visualization.

Objective: To describe the application of *guided imagery therapy* to reduce postoperative pain in ca mammae patients in the dahlia room of dr. H. Koesnadi Bondowoso Hospital. **Methods:** This study is a descriptive case study conducted on one postoperative patient of Ca Mammae in the Dahlia room of dr. H. Koesnadi Bondowoso Hospital. The *guided imagery therapy intervention* was carried out for three consecutive days (23–25 February 2024) accompanied by vital sign monitoring, assessment of pain location and intensity using the Numeric Rating Scale (NRS) and collaboration in the administration of analgesics (Peinlos injection 2×1). **Results:** the implementation of nursing care showed a gradual decrease in pain intensity. On the first day, the pain scale decreased from 5 to 4, the second day dropped to 3 and the third day decreased again to 2 after the intervention. Patients also reported feeling more relaxed and comfortable after each therapy session.

Conclusion: *Guided imagery therapy* has proven to be effective as one of the non-pharmacological interventions, imagination therapy with an atmosphere like the beach with the patient's agreement in reducing postoperative pain in Ca Mammae patients. The application of this therapy is recommended as part of evidence-based nursing care.

Keyword: Carcinoma Mammae, *Guided Imagery*, Modified Radical Mastectomy, Post Surgery Pain