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**ANALISIS TINGKAT NYERI PASIEN FRAKTUR *POST OPERASI* ORIF  
DENGAN INTERVENSI TERAPI RELAKSASI NAFAS DALAM  
METODE 4-7-8 DAN AROMATERAPI LAVENDER DI RSUD DR. H.  
ABDUL MOELOEK TAHUN 2024**

(xvi + 88 halaman, 5 tabel, 5 gambar, 5 lampiran)

**ABSTRAK**

Berdasarkan beberapa penelitian didapatkan bahwa pasien post ORIF mengalami nyeri sedang (skala 4-6) sebanyak 95%. Hasil survey bulan Januari 2024 di ruang bedah terdapat 4 orang post ORIF mengeluh nyeri, 3 orang nyeri sedang (skala 4-6) dan 1 orang nyeri ringan (skala 3). Tatalaksana pasien dengan nyeri diberikan terapi farmakologi dan nonfarmakologi. Asuhan keperawatan ini bertujuan untuk Menganalisis Tingkat Nyeri Pasien Fraktur Post Operasi ORIF dengan Intervensi Terapi Relaksasi Nafas Dalam Metode 4-7-8 dan Aromaterapi di RSUD Dr. H. Abdul Moeloek Tahun 2024. Metode karya ilmiah ini menggunakan desain asuhan keperawatan dengan 2 pasien fraktur post operasi ORIF. Skala nyeri diukur menggunakan numeric rating scale sebelum dan sesudah intervensi yang diberikan 1 kali sehari selama 4 hari perawatan. Ny. T dengan terapi relaksasi nafas dalam metode 4-7-8 sebanyak 4 siklus, kemudian diberikan aromaterapi Lavender menggunakan diffuser yang dinyalakan terus menerus. Tn. M dengan terapi relaksasi nafas dalam metode 4-7-8 sebanyak 4 siklus. Kedua pasien diberikan posisi nyaman duduk/berbaring. Hasil asuhan keperawatan didapatkan bahwa terapi relaksasi nafas dalam metode 4-7-8 dan aromaterapi Lavender lebih efektif dalam menurunkan skala nyeri. Ny. T, dari skala nyeri 6 menjadi 2, sedangkan Tn. M dari skala nyeri 6 menjadi 3. Penulis menyarankan menggunakan terapi relaksasi nafas dalam metode 4-7-8 dan aromaterapi Lavender sebagai salah satu pendamping terapi farmakologi untuk menurunkan nyeri pada pasien post operasi ORIF karena tidak memerlukan biaya mahal dan mudah dilakukan.

**Kata Kunci : Terapi relaksasi nafas dalam, Nyeri, Aromaterapi Lavender**

**Referensi : 41 (2010-2024)**

**TANJUNGPUR HEALTH POLYTECHNIC  
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**ANALYSIS OF PAIN LEVELS OF *POST* ORIF OPERATION FRACTURE PATIENTS WITH BREATH RELAXATION THERAPY INTERVENTION IN THE 4-7-8 METHOD AND LAVENDER AROMATHERAPY AT DR. H. ABDUL MOELOEK IN 2024**

(xvi + 88 pages, 5 tables, 5 pictures, 5 attachments)

**ABSTRACT**

Based on several studies, it was found that 95% of post ORIF patients experienced moderate pain (scale 4-6). Survey results in January 2024 in the operating room showed that 4 people after ORIF complained of pain, 3 people had moderate pain (scale 4-6) and 1 person had mild pain (scale 3). Patients with pain are treated with pharmacological and non-pharmacological therapy. This nursing care aims to analyze the pain level of post-ORIF fracture patients using deep breathing relaxation therapy intervention using the 4-7-8 method and aromatherapy at RSUD Dr. H. Abdul Moeloek Year 2024. The method of this scientific work uses a nursing care design with 2 fracture patients post ORIF surgery. The pain scale was measured using a numerical rating scale before and after the intervention which was given once a day for 4 days of treatment. Mrs. T with breath relaxation therapy in the 4-7-8 method for 4 cycles, then given Lavender aromatherapy using a diffuser that is turned on continuously. Mr. M with breath relaxation therapy in the 4-7-8 method for 4 cycles. Both patients were given a comfortable sitting/lying position. The results of nursing care showed that breath relaxation therapy using the 4-7-8 method and Lavender aromatherapy were more effective in reducing the pain scale. Mrs. T, from pain scale 6 to 2, while Mr. M on a pain scale of 6 to 3. The author suggests using breath relaxation therapy in the 4-7-8 method and Lavender aromatherapy as a companion to pharmacological therapy to reduce pain in post-ORIF surgery patients because it does not require expensive costs and is easy to do.

**Keywords:** Deep breathing relaxation therapy, Pain, Lavender Aromatherapy

**Reference :** 41 (2010-2024)