

**POLITEKNIK KESEHATAN TANJUNGPINANG
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**ANALISIS TINGKAT NYERI PADA PASIEN POST OPERASI
APPENDIKTOMI DENGAN INTERVENSI TERAPI KOMBINASI *HOLD FINGER
RELAXATION* DAN *SLOW DEEP BREATHING* DI RUMAH SAKIT
BHAYANGKARA RUWA JURAI LAMPUNG TAHUN 2025**

ABSTRAK

Appendicitis disebabkan oleh bakteri dengan pemicu utamanya penyumbatan lumen usus buntu, ditandai dengan peradangan *appendix veriformis*. Insiden *appendicitis* di dunia tahun 2021 mencapai 300.000 kasus. Indonesia dengan prevalensi 0,05%. Provinsi Lampung tahun 2018 mencapai 960 kasus. Di Rs. Bhayangkara Ruwa Jurai Lampung pasien dengan tindakan appendiktomi mencapai 17 kasus pada periode Januari- Maret 2025. *Post* operasi menimbulkan nyeri. Tujuan penyusunan Karya Ilmiah ini untuk mengetahui analisis tingkat nyeri pada pasien *post* operasi appendiktomi dengan intervensi terapi kombinasi *Hold Finger Relaxation* dan *Slow Deep Breathing*. Metode perawatan menggunakan asuhan keperawatan. Subjek asuhan yaitu pasien *post* operasi appendiktomi. Pengkajian nyeri pada pasien setelah 6 jam *post* operasi appendiktomi dengan skala nyeri 5 menggunakan *Numeric Rating Scale* (NRS). Hasil asuhan selama 3 hari dengan intervensi terapi kombinasi *Hold Finger Relaxation* dan *Slow Deep Breathing* yang dilakukan secara bersamaan 10 menit, 3 kali sehari dan ketika nyeri dirasakan. Didapatkan nyeri berkurang dari skala 5 menjadi skala 2. Penulis menyimpulkan bahwa dengan pemberian *Hold Finger Relaxation* dan *Slow Deep Breathing* akan merilekkan otot, meningkatkan oksigenasi darah sehingga terjadi penurunan tingkat nyeri, dan dapat dijadikan sebagai intervensi pendamping pemberian analgetik. Disarankan rumah sakit dapat menerapkan intervensi *Hold Finger Relaxation* dan *Slow Deep Breathing*, sebagai alternatif untuk menurunkan tingkat nyeri pada pasien *post* operasi appendiktomi.

Kata kunci: nyeri *post* operasi, appendiktomi, *hold finger relaxation*, *slow deep breathing*

**TANJUNGKARANG HEALTH POLYTECHNIC
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**ANALYSIS OF PAIN LEVELS IN POST APPENDIKTOMI PATIENTS
WITH COMBINED *HOLD FINGER RELAXATION* AND *SLOW DEEP
BREATHING* TERAPI INTERVENTION AT BHAYANGKARA RUWA
JURAI HOSPITAL, LAMPUNG, IN 2025**

ABSTRCT

Appendicitis is caused by bacteria with the main trigger being obstruction of the lumen of the appendix, characterized by inflammation of the appendix veriformis. The incidence of appendicitis in the world in 2021 reached 300,000 cases. Indonesia with a prevalence of 0.05%. Lampung Province in 2018 reached 960 cases. At Rs. Bhayangkara Ruwa Jurai Lampung patients with appendicectomy reached 17 cases in the period January-March 2025. Postoperative causes pain. The purpose of the preparation of this Scientific Work is to determine the analysis of pain levels in postoperative appendicectomy patients with a combination therapy intervention of Hold Finger Relaxation and Slow Deep Breathing. The treatment method uses nursing care. The subject of care is a patient post appendicectomy surgery. Assessment of pain in patients after 6 hours post appendicectomy surgery with a pain scale of 5 using the Numeric Rating Scale (NRS). The results of care for 3 days with a combination therapy intervention of Hold Finger Relaxation and Slow Deep Breathing which is carried out simultaneously for 10 minutes, 3 times a day and when pain is felt. Pain was reduced from scale 5 to scale 2. The author concludes that giving Hold Finger Relaxation and Slow Deep Breathing will relax the muscles, increase blood okgination so that there is a decrease in pain levels, and can be used as a companion intervention for analgesic administration. It is recommended that hospitals can implement Hold Finger Relaxation and Slow Deep Breathing interventions, as an alternative to analgesics.

Keywords: postoperatif pain, appendicectomy, finger relaxation, slow deep breathing