

ABSTRAK

EFEKTIVITAS TERAPI *SLOW DEEP BREATHING* (SDB) DAN TERAPI MUROTAL TERHADAP PENURUNAN INTENSITAS NYERI PADA PASIEN *FRAKTUR MANDIBULA* DI RSUD SYEKH YUSUF GOWA

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Latar Belakang: Fraktur menjadi peringkat pertama dalam kasus trauma dan cidera. Fraktur terjadi dikarenakan hantaman langsung sehingga sumber tekanan lebih besar dari pada yang bisa diserap, ketika tulang mengalami fraktur maka struktur sekitarnya akan ikut terganggu, Bila tidak ditangani segera dan tepat dapat menyebabkan nyeri, kerusakan jaringan lunak, dan perdarahan lebih lanjut karena gerakan fragmen patahan tulang. Salah satu tindakan pada patah tulang bisa dilakukan dengan operasi maupun tanpa tindakan operasi dan umumnya pasien merasakan nyeri, selain penatalaksanaan farmakologis nyeri dapat teratasi dengan pemberian terapi non farmakologi seperti terapi relaksasi nafas dalam yang dikombinasikan dengan terapi murotal qur'an. Pada kasus ini digunakan metode rancangan berupa menilai intensitas nyeri klien dengan fraktur mandibula sebelum dan sesudah diberikan tindakan non farmakologis. **Hasil:** intensitas nyeri yang dirasakan pasien sebelum diberikan terapi non farmakologis berupa terapi relaksasi nafas dalam yang dikombinasikan dengan murotal qur'an berada di skala 7 dan setelah diberikan terapi intensitas nyeri pasien berada pada skala 5. **Kesimpulan:** Hal ini berarti berpengaruh dalam menurunkan intensitas nyeri pada pasien dengan diagnosa nyeri akut akibat fraktur mandibula di IGD RSUD Syekh Yusuf Gowa.

Kata Kunci: relaksasi nafas dalam, murottal, fraktur, nyeri akut

ABSTRACT

EFFECTIVENESS OF SLOW DEEP BREATHING (SDB) AND MUROTAL THERAPY TO REDUCE PAIN INTENSITY IN MANDIBULAR FRACTURE PATIENTS AT SYEKH YUSUF GOWA HOSPITAL

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Background: Fractures are the first rank in cases of trauma and injury. Fractures occur due to a direct blow so that the source of pressure is greater than can be absorbed. When a bone is fractured, the surrounding structure will be disrupted. If not treated immediately and appropriately, it can cause pain, soft tissue damage, and further bleeding due to the movement of the fractured bone fragments. . One of the procedures for bone fractures can be done with surgery or without surgery and generally patients feel pain, apart from pharmacological management, pain can be resolved by providing non-pharmacological therapy such as deep breathing relaxation therapy combined with murotal qur'an therapy. In this case, a design method was used in the form of assessing the pain intensity of a client with a mandibular fracture before and after being given non-pharmacological treatment. **Results:** and the results found showed the intensity of pain felt by the patient before being given non-pharmacological therapy in the form of deep breathing relaxation therapy combined with murotal Qur'an. on a scale of 7 and after being given therapy, the patient's pain intensity was on a scale of 5. **Conculusion:** This means that it had an effect in reducing the intensity of pain in patient with a diagnosis of acute pain due to mandibular fracture in the emergency room at Syekh Yusuf Gowa Hospital.

Keywords: Slow Deep Breathing, Murottal, Fracture, Painful