

ABSTRAK

APPLICATION OF WET CUPPING THERAPY TO REDUCE PAIN IN LOW BACK PAIN AT ZEIN HOLISTIC THERAPY CLINIC MAKASSAR

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Background: Low Back Pain (LBP) is a common musculoskeletal disorder that significantly affects quality of life and work productivity. Conventional pharmacological treatments often have side effects, making non-pharmacological approaches such as wet cupping therapy a promising alternative.

Method: This study is a nursing case report involving a 57-year-old female patient suffering from chronic lower back pain. The intervention consisted of wet cupping therapy applied to the Al-Warik point. Nursing care included assessment, diagnosis, intervention planning, implementation, and evaluation using the SOAP method and a numerical pain scale.

Nursing Care Results: Before the intervention, the patient reported severe pain with a score of 7/10. After a 5-minute wet cupping session, the pain decreased to 5/10. The patient showed improved mobility, reduced muscle tension, and reported increased comfort. The intervention was accompanied by education and light mobilization exercises.

Recommendation: Wet cupping therapy can be incorporated as a complementary nursing intervention for patients with low back pain. Further studies with larger samples are recommended to strengthen evidence on its effectiveness in clinical nursing practice.

Conclusion: Wet cupping therapy applied to the Al-Warik point effectively reduces pain intensity and enhances patient comfort in LBP cases, making it a valuable component of holistic, complementary nursing care.

Keywords: Low Back Pain, wet cupping therapy, Al-Warik point, acute pain, complementary nursing.

ABSTRAK

PENERAPAN TERAPI BEKAM BASAH TERHADAP PENURUNAN NYERI PADA *LOW BACK PAIN* DI KLINIK *ZEIN HOLISTIC THERAPY*

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Latar Belakang: Low Back Pain (LBP) merupakan gangguan muskuloskeletal yang sering dijumpai dan berdampak besar pada kualitas hidup serta produktivitas kerja. Penanganan farmakologis konvensional sering menimbulkan efek samping, sehingga terapi non-farmakologis seperti bekam basah menjadi alternatif yang menjanjikan.

Metode: Penelitian ini merupakan laporan kasus asuhan keperawatan terhadap pasien perempuan berusia 57 tahun dengan keluhan nyeri punggung bawah kronis. Intervensi dilakukan berupa terapi bekam basah pada titik *Al-Warik* dengan pendekatan asuhan keperawatan mencakup pengkajian, diagnosis, perencanaan intervensi, implementasi, serta evaluasi menggunakan metode SOAP dan skala nyeri numerik.

Hasil Asuhan Keperawatan: Sebelum intervensi, pasien melaporkan nyeri berat dengan skala 7/10. Setelah dilakukan terapi bekam basah selama 5 menit, skala nyeri menurun menjadi 5/10. Pasien menunjukkan peningkatan mobilitas, penurunan ketegangan otot, serta merasa lebih nyaman. Terapi disertai edukasi dan latihan mobilisasi ringan.

Rekomendasi: Terapi bekam basah dapat diterapkan sebagai bagian dari intervensi keperawatan komplementer untuk pasien dengan nyeri punggung bawah. Diperlukan penelitian lanjutan dengan jumlah sampel lebih besar untuk menguatkan bukti efektivitasnya dalam konteks praktik keperawatan klinik.

Kesimpulan: Terapi bekam basah pada titik *Al-Warik* efektif menurunkan intensitas nyeri dan meningkatkan kenyamanan pasien dengan *Low Back Pain*, sehingga dapat diintegrasikan ke dalam praktik keperawatan holistik berbasis terapi komplementer.

Kata Kunci: Low Back Pain, terapi bekam basah, titik *Al-Warik*, nyeri akut, keperawatan komplementer.