

ABSTRAK

PENGARUH PEMBERIAN TERAPI FISIK *BRANDT DAROFF* TERHADAP PENURUNAN NYERI PASIEN VERTIGO DI RUANGAN INSTALASI GAWAT DARURAT RS TK II PELAMONIA MAKASSAR

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Vertigo merupakan salah satu gangguan sistem vestibular yang ditandai dengan sensasi pusing berputar, nyeri kepala, mual, muntah, bahkan gangguan keseimbangan yang dapat menurunkan kualitas hidup pasien serta meningkatkan risiko jatuh. Salah satu penanganan vertigo adalah teknik *brandt daroff* yang dapat mengurangi nyeri dan gejala pusing yang bisa diimplementasikan melalui latihan sederhana dalam menurunkan nyeri. Karya tulis ilmiah disusun untuk mengetahui pengaruh penerapan teknik *brandt daroff* terhadap penurunan nyeri pasien vertigo di ruangan IGD RS Tk II Pelamonia Makassar. Metode yang digunakan adalah studi kasus dengan pendekatan observasi, wawancara, dan penerapan asuhan keperawatan pada pasien Ny. N usia 47 tahun dengan diagnosis medis vertigo. Skala nyeri diukur menggunakan *Numerical Rating Scale (NRS)* sebelum dan sesudah intervensi *brandt daroff*. Hasil karya tulis ilmiah menunjukkan bahwa sebelum intervensi pasien mengeluh nyeri kepala dengan skala 7 disertai pusing berputar, lemah, serta ketergantungan pada keluarga untuk aktivitas. Setelah dilakukan latihan teknik *brandt daroff* sebanyak 3 kali dalam setiap sesi latihan selama 5 menit mampu menurunkan skala nyeri 4. keluhan pusing berkurang, dan pasien melaporkan peningkatan kenyamanan. karya tulis ilmiah ini dapat disimpulkan bahwa penerapan teknik *brandt daroff* efektif menurunkan intensitas nyeri dan gejala vertigo pada pasien, sehingga dapat dijadikan sebagai acuan implemetasi dalam penatalaksanaan vertigo di ruangan IGD.

Kata Kunci: *brandt daroff*, nyeri, terapi nonfarmakologis, vertigo

ABSTRACT

THE EFFECT OF BRANDT DAROFF PHYSICAL THERAPY ON PAIN RELIEF IN VERTIGO PATIENTS IN THE EMERGENCY ROOM OF CLASS II PELAMONIA HOSPITAL MAKASSAR

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Vertigo is one of the vestibular system disorders characterized by a spinning sensation, headache, nausea, vomiting, and balance disturbances that can reduce patients' quality of life and increase the risk of falls. One of the management strategies for vertigo is the Brandt-Daroff technique, which can reduce pain and dizziness through simple exercises. This scientific paper was prepared to determine the effect of implementing the Brandt-Daroff technique on reducing pain in vertigo patients in the Emergency Room of Tk II Pelamonia Hospital, Makassar. The method used was a case study with an observational approach, interviews, and the application of nursing care to Mrs. N, a 47-year-old patient with a medical diagnosis of vertigo. Pain intensity was measured using the Numerical Rating Scale (NRS) before and after the Brandt-Daroff intervention. The results showed that before the intervention, the patient complained of headache with a pain scale of 7 accompanied by spinning dizziness, weakness, and dependence on family members for daily activities. After performing the Brandt-Daroff exercises three times in each session for five minutes, the pain scale decreased to 4, dizziness complaints were reduced, and the patient reported improved comfort. It can be concluded that the application of the Brandt-Daroff technique is effective in reducing pain intensity and vertigo symptoms in patients, and thus can serve as a reference for implementation in the management of vertigo in the emergency room..

Keywords: Brandt Daroff, Pain, Vertigo, Non-pharmacological Therapy