

ABSTRACT

THE EFFECTIVENESS OF COMBINED COLD PACK AND DEEP BREATHING RELAXATION THERAPY ON PAIN INTENSITY IN FRACTURE PATIENTS IN THE EMERGENCY ROOM

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Background: In orthopedics, fractures are considered emergency cases that require prompt and appropriate treatment to prevent morbidity and mortality. One of the management approaches for fractures is surgical intervention, and to address pain, non-pharmacological pain management techniques such as cold packs and deep breathing relaxation can be used to reduce the pain experienced by patients. The theory supporting the use of cold packs and deep breathing relaxation as therapy is one of the solutions employed in fracture management.

Objective: To determine the effectiveness of cold pack compresses and deep breathing relaxation on pain intensity in fracture patients. **Method:** By developing a case study methodology that investigates nursing issues for patients with fractures, this type of research is descriptive. **Results:** This study shows that there was a decrease in pain intensity in fracture patients after administering a combination of cold pack and deep breathing relaxation therapy, as evidenced by the pain scale of patients before being given cold packs and deep breathing relaxation, which was at a level of 6, and at a level of 4 after administering a combination of cold pack and deep breathing relaxation therapy. This occurred because the combination of cold pack therapy and deep breathing relaxation can slow down the nerves and slow down the transmission of pain receptors so that fewer pain impulses reach the brain. **Conclusion:** Based on the results of the study, the implementation of cold pack and deep breathing relaxation was able to reduce pain intensity. **Recommendation:** It is hoped that the cold pack and deep breathing relaxation method can be implemented for patients and in emergency rooms.

Keywords: cold pack compress, deep breathing relaxation, fracture.

References: 50 (2020-2025)