

## EDUCATION ON THE BENEFITS OF *FINGER GRIP RELAXATION* TECHNIQUES AS AN EFFORTS TO REDUCE PAIN IN POST *APPENDICTOMY* SURGERY THROUGH VIDEO MEDIA

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### SUMMARY

**Background;** Pain that occurs in post *appendectomy* surgery patients causes delays in the healing process after surgery, resulting in a long recovery process and increased pain. In Indonesia, appendicitis sufferers are around 7% of the total population of Indonesia, around 179,000 people. The number of surgical pain patients is increasing from year to year, with 140 million patients worldwide about 1.9% and experiencing an increase of 148 million patients by about 2.1%. The prevalence of postoperative patients experiencing moderate to severe pain was 41%, day 1 (30%), day 2 (19%), day 3 (16%), day 4 (16%). The impact that occurs is the presence of pain in the postoperative appendectomy wound and management is given to relieve pain and overcome anxiety. Non-pharmacological pain management by administering drugs *Nonsteroidal* (NSAIDs) and giving relaxation techniques *finger grip*. **Purpose;** Helping the community, especially in post appendectomy patients to reduce pain and speed up the healing process. **Method;** The IEC output method made in the form of a video which contains efforts to overcome post appendectomy pain. **Result;** This final project is a video media "How to deal with pain after appendicitis (*appendectomy*) with relaxation therapy *finger grip*". **Conclusion;** Video media useful for post appendicitis patients who experience pain with video media can make it easier for patients to apply finger grip relaxation to reduce pain.

**Keywords:** *Appendicitis, Pain, Finger Grips Therapy*