

# APPLICATION OF COLD PACK THERAPY REDUCES PAIN INTENSITY IN FRACTURE CLIENTS THROUGH VIDEO MEDIA

**Ulfah Resta Ayu Widayani**

*Diploma III Nursing Study Program, Faculty of Health Sciences*

*University 'Aisyiyah Surakarta*

[ulfahrestaayu@gmail.com](mailto:ulfahrestaayu@gmail.com)

## **SUMMARY**

**Background:** According to the World Health Organization (WHO), the incidence of fractures is very high, amounting to 1,3 million people worldwide. In Indonesia, the prevalence of lower limb fracture is 67,9% while the prevalence in Central Java is 6,2%. The main complaint that is often found in fracture patients is pain. The pain score before intervention was 5,33 points and the value after intervention was 2,07 points. The administration of cold pack therapy showed a decrease in the frequency of the pain scale after the intervention was carried out in fracture patients by 2-3 points. Physiologically ice reduce the activity of metabolism in the network so prevent destruction of tissue secondary and reduce pain to the central nervous system. **Method:** With the medium of the video "Effective Ways to Reduce Broken Pain (Fractures) with a Cold Pack. **Result:** The output is a video explaining about fractures, pain, and cold packs and the steps for cold pack therapy. **Conclusion:** Video media can provide information on how to reduce pain intensity in fracture clients through cold pack therapy.

**Keywords :** Fracture, Pain, Cold Pack, Video