

ABSTRACT

APPLICATION OF FINGER HAND RELAXATION FOR DECREASING PATIENT INTENSITY POST OPERATION IN RSUD Ir. SOEKARNO SUKOHARJO

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Backgrounds: *Benign Prostatic Hyperplasia (BPH) is a disease in which there is enlargement of the prostate gland due to benign hyperplasia of the cells that usually occurs in elderly men. One of the treatments is by performing a Transurethral Resection Of The Prostate (TUR-P). The problem that often occurs in postoperative patients is pain, so non-pharmacological management is needed, one of which is finger grip relaxation techniques.* **Objective:** *Introduction of the results of applying hand-held therapy in postoperative patients.* **Method:** *the application was carried out using a descriptive case study method to 2 respondents with a diagnosis of Benign Prostatic Hyperplasia (BPH) and a Transurethral Resection Of The Prostate (TUR-P) was performed 6 hours postoperatively for 1x within 15 minutes.* **Results:** *Based on the results of the implementation that has been done there is a decrease in pain intensity in postoperative patients.* **Conclusion:** *finger grip relaxation therapy can be used as a non-pharmacological technique or independent intervention in postoperative patients, especially in Transurethral Resection Of The Prostate (TUR-P).*
Keyword : *Finger grip, Benign Prostatic Hyperplasia (BPH), Transurethral Resection Of The Prostate (TUR-P).*