

***APPLICATION OF FINGER GRIP THERAPY TO PAIN SCALE IN POST
APPENDICTOMY PATIENTS IN HOSPITAL PKU MUHAMMADIYAH
KARANGANYAR***

Lulu Nabillah Pratiwi, Ika Silvitasari
lulunabillah10@gmail.com
Universitas Aisyiyah Surakarta

ABSTRACT

Background: Almost 75% of post-operative surgery patients experience pain complaints. Pain management is a treatment procedure for pain management, which includes both pharmacological and non-pharmacological approaches. Finger graps technique involves clenching the fingers of the hand for a relatively short period. The sensation experienced during this technique provides comfort and relaxation, thereby alleviating mental and physical stress, leading to an increase in pain tolerance. ***Objective:*** To determine the results of implementing finger graps therapy on the pain scale in patients after appendectomy surgery at PKU Muhammadiyah Hospital in Karanganyar. ***Method:*** This research is a descriptive case study with 2 respondents. ***Results:*** Based on the observations before applying finger graps therapy using the NRS instrument, Ms. S's pain level was 6 (Moderate Pain), and after the finger graps therapy, the pain scale reduced to 3 (Mild Pain). Meanwhile, Mr. S's pain scale before the finger graps therapy was 5 (Moderate Pain), and after the therapy, the pain scale reduced to 2 (Mild Pain), indicating that finger graps therapy can reduce the pain scale in patients after appendectomy surgery. ***Conclusion:*** Finger graps therapy can reduce the pain scale in patients after appendectomy surgery.

Keywords: Post-Operative Appendectomy, Pain, Finger Graps Therapy