

ABSTRACT

APPLICATION OF GUIDE IMAGERY RELAXATION TO REDUCE PAIN IN MIDDLE HEAD INJURY PATIENTS AT Dr. MOEWARDI SURAKARTA

Sinta Septiana Devi, Fida' Husain, Isti Wulandari
Fakultas Ilmu Kesehatan Universitas 'Aisyiyah Surakarta
shintaseptianadevi@gmail.com

Background: head injury is a condition in which the structure of the head experiences a collision from the outside and has the potential to cause disturbances in brain function. Conditions of head injury include minor injuries, bruises on the scalp, swelling, bleeding, dislocations. **Purpose:** to find out the results of applying Guide Imagery Relaxation in reducing pain. **Method** of implementation was carried out using a descriptive method with case studies. In this application, pain levels were measured using the Numeric Rating Scale for 2 respondents with a diagnosis of Mild Head Injury, carried out once a day for 15 minutes based on the results: the implementation that has been done there is a significant change in pain intensity in mild head injury patients **Conclusion:** Administration of Guide Imagery Relaxation therapy can be used as a non-pharmacological technique or independent intervention to reduce pain in mild head injury patients

Keywords: Guide Imagery Relaxation, pain, Mild Head Injury