

**THE RESULT IMPLEMENTATION OF FINGER HOLD ON LAPARATOMY
POST-OPERATIVE PATIENTS AT THE HCU CEMPAKA OF
DR. MOEWARDI REGIONAL GENERAL HOSPITAL
(RSUD) IN SURAKARTA.**

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ABSTRACT

Background: Surgery induces changes in the body's tissue structure, triggering the body's recovery response to maintain balance (homeostasis). This process involves chemical reactions in the body that produce pain sensations in patients. Finger hold technique is a combination of deep breathing relaxation and grasping the fingers relatively quickly. The sensation experienced during the use of this technique provides a deeper sense of comfort and relaxation, as well as increasing tolerance to pain. **Objective:** To determine the outcomes of applying finger hold technique on laparotomy post-operative patients at the HCU Cempaka of Dr. Moewardi Regional General Hospital (RSUD) in Surakarta. **Method:** This study is a descriptive research in the form of a case study, involving 2 post-operative patients. The research instrument used the Numeric Rating Scale (NRS) questionnaire. **Results:** The results showed that before the application of finger hold therapy on Mrs. S, an NRS score of 8 (severe pain) was obtained, while Mrs. N obtained an NRS score of 9 (severe pain). After three consecutive days of applying finger hold therapy on Mrs. S, an NRS score of 3 was obtained, and the same score was obtained for Mrs. N after the application, indicating both patients experienced mild pain after the intervention. **Conclusion:** After three consecutive days of applying finger hold technique on Mrs. S and Mrs. N, a decrease in pain levels was observed in both patients.

Keywords: *Finger Hold, Pain, Post-Operative*