

**PENERAPAN RELAKSASI GENGGAM JARI TERHADAP
NYERI LUKA POST OP PADA PASIEN DEBRIDEMENT
DI RSUD Dr. SOERATNO GEMOLONG SRAGEN**

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ABSTRAK

Background: World Health Organization (WHO) data projects that diabetes will be the seventh cause of death in 2030 (WHO, 2017). Indonesia is one of the developing countries that has a fairly high incidence of type 2 DM. Diabetes is the third largest cause of death in Indonesia with a percentage of 6.7%. Decubitus ulcers and diabetic ulcers are chronic ulcers caused by pressure and diabetes mellitus. Debridement is used to remove non-viable tissue, to facilitate wound healing, and help prevent serious outcomes. **Objective:** To find out the results of applying the results of applying finger grip relaxation to post-op wound pain in debridement patients at Dr. Hospital. Soeratno Gemolong Sragen. **Method:** The research design used is the case study method. Comprehensive data collection and collection and including various data sources. **Results:** Results were obtained in reducing the pain scale in post-operative debridement patients on the third day in the Sakura Room at RSUD Dr. Soeratno Gemolong Sragen after finger grips are applied once a day for 15 minutes. **Conclusion:** The application of finger grip relaxation to two respondents during 3 meetings showed significant results in reducing the pain scale in post-operative debridement patients.

Keywords: Finger Grip Relaxation, Pain, Debridement