

***Application Of Slow Deep Breathing Exercise For Pain During Water Seal-Drainage (WSD Removal In Pneumothorax Patients In The Room 7 Hospital  
Rsud Dr. Moewardi Surakarta***

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***ABSTRACT***

***Background*** : The lung health problem pneumothorax is a health problem that threatens lung health caused by air entering the chest cavity and specifically the pleural cavity. The problem of removing the WSD tube causes pain due to the output of a foreign object, causes pain due to the output of a foreign object producing unpleasant feelings such as pain. Non-pharmacological techniques are used to reduce pain, namely using slow deep breathing therapy where is a release of endorphin neurotransmitters which have an effect on reducing pain. ***Purpose:*** to find out the results of applying slow deep breathing exercise therapy to reduce pain during WSD release. ***Method:*** Case study. Sample of 2 respondents with 1 control respondent and 1 intervention respondent. The research instruments used educational media, leaflets and slow deep breathing exercise intervention learning videos as well as pain measurement instruments using the visual analogue scale (VAS), namely to measure participants pain intensity before (pre) intervention and after (post) slow deep breathing exercise intervention. ***Results:*** respondent experienced a decrease in pain intensity from moderate intensity to light intensity, the decrease in pain intensity in the control grup (Tn. A), decreased less than the intervention group (Tn. L) with a difference of two on the pain scales decreasing more ***Conclusion:*** there is a difference in pain intensity after slow deep breathing exercise therapy.

***Keywords*** : ***Pneumothorax, Wather Seal-Drainage, Slow Deep Breathing Exercise, Paint Intensity***