

**APPLICATION OF SLOW DEEP BREATHING TO REDUCE PAIN SCALE IN MIDDLE HEAD INJURY (MHI) PATIENTS AT IGD DR SOEHADI PRIJONEGORO HOSPITAL SRAGEN**

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**ABSTRACT**

**Background:** Prevalence of patients with mild head injuries recorded from October to December 2023 in the Emergency Room of RSUD Dr. Soehadi Prijonegoro Sragen as many as 48 cases, in October there were 18 cases, in November there were 13 cases, in December there were 17 cases, most of whom complained of pain in CKR patients can be treated with pharmacological and non-pharmacological therapy. Non-pharmacological therapy such as behavioral therapy (relaxation, hypnotherapy, biofeedback). One of the relaxation techniques used is slow deep breathing. **Objective:** Changes in the application of the Slow Deep Breathing technique to reducing pain scale in mild head injury patients at RSUD Dr. Soehadi Prijonegoro Sragen. **Method :** the method used in this application is a descriptive method. In this application, pain scale measurements were carried out using the Numeric Rating Scale both before and after slow deep breathing was carried out. **Results :** the results of the implementation that has been done, it was found that respondent I experienced a decrease in the pain scale from a scale of 7 to a scale of 6, respondent II experienced a decrease in the pain scale from a scale of 6 to a scale of 5. **Conclusion :** slow deep breathing can reduce the pain scale inpatients with mild head injuries at Dr. Soehadi Prijonegoro Sragen.

**Keywords:** Mild Head Injury, Pain, Slow Deep Breathing