

# APPLICATION OF AUTOGENIC RELAXATION TO HELP REDUCE PAIN IN WOUND CARE

Nabilla Felicia Az Zahra, Ika Silvitasari

[nabillafeliciaaz.students@aiska-university.ac.id](mailto:nabillafeliciaaz.students@aiska-university.ac.id)

Diploma III Nursing Study Program

'Aisyiyah University Surakarta

## ABSTRACT

**Background:** Wounds are tissue damage due to trauma that can cause pain. Data show that 56.26% of wound care patients experience moderate pain, and 43.75% experience severe pain. Pain can affect comfort, activity, and mental and emotional health. Treatment can be done using pharmacological and non-pharmacological methods. **Objective:** To describe the results of pain scale measurements before and after the application of autogenic relaxation. **Method:** Descriptive case study using the Numeric Rating Scale (NRS), conducted for 20 minutes during wound care for 3 days. **Results:** Two respondents showed a decrease in pain scale, Mr. P from a scale of 6 to 3, and Mr. W from a scale of 5 to 2. **Conclusion:** Autogenic relaxation is effective in reducing pain scale in wound care and can be recommended as a non-pharmacological method in pain management.

**Keywords:** Wound, Pain, Autogenic Relaxation