

**APPLICATION OF MUROTTAL THERAPY AND DEEP BREATHING
RELAXATION ON PAIN LEVELS IN POST-OPERATIVE
PATIENTS FRACTURES IN FLAMBOYAN BANGAL 5
DR MOEWARDI HOSPITAL SURAKARTA**

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ABSTRACT

Background: Fracture is a disruption of the continuity of bone structure, cartilage and growth plates caused by trauma, non-trauma. World Health Organization (WHO), (2022) reports that 440 million people worldwide experience fractures. Patients who experience fractures will undergo surgery reconnect the broken bones. Pain is one of the impacts that many patients experience after fracture surgery. One way reduce this pain is with non-pharmacological techniques. Therefore, necessary to apply non-pharmacological techniques, namely murottal therapy and deep breathing to reduce post-fracture pain. **Objective:** to determine the results of the application of murottal therapy and deep breathing relaxation the level of pain in post-fracture surgery patients Flamboyan 5 Ward, Dr. Moewardi Surakarta Hospital. **Method:** this research method descriptive in the form of case study to solve problems in patient nursing care. The number of respondents used was 2 respondents. **Results:** The results of the study showed that there development in the level of pain between before and after the application, the development was seen from the score measured by NRS. **Conclusion:** There is development in pain levels in patients of Flamboyan Ward 5 before and after murottal therapy and deep breathing relaxation techniques.

Keywords: Fracture, pain, murottal therapy, deep breathing relaxation