

***APPLICATION OF FINGER GRIP RELAXATION TECHNIQUE TO REDUCE  
THE LEVEL OF PAIN OF INTRAVENOUS INSERTION IN EMERGENCY  
ROOM OF dr.SOEHADI PRIJONEGORO HOSPITAL SRAGEN***

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***ABSTRACT***

***Background:*** The incidence of intravena insertion according to the World Health Organization (WHO) is quite high, which is 85% or around 120 million per year. Throughout 2024, as many as 11,766 patients underwent inpatient treatment who entered through the Emergency Room of dr. Soehadi Prijonegoro Sragen Hospital. One of the conditions felt by patients during intravena insertion is the onset of pain during intravenous insertion. Pain as a subjective sensory and unpleasant emotional experience is related to actual or potential tissue damage. In pain management, non-pharmacological methods can be used, one of which is finger grip relaxation. ***Method:*** this type of research is a case study using a descriptive research method. ***Results:*** the experience of intravenous insertion pain before being given finger grip relaxation in both respondents was in the moderate pain category. The level of pain after being given finger grip relaxation in both respondents was in the mild pain category. There was a decrease in the level of pain in both respondents before and after being given finger grip relaxation. ***Conclusion:*** there was a change in pain levels before and after finger grip relaxation was given.

***Keywords:*** Intravenous Insertion, Pain, Finger Grasp Relaxation