

**THE APPLICATION OF HAND MASSAGE IN REDUCING PAIN
INTENSITY PATIENTS AFTER LAPARATOMY SURGERY IN
FLAMBOYAN 5 RSUD DR. MOEWARDI SURAKARTA**

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ABSTRACT

Background: Laparatomy is a major surgical procedure that causes significant postoperative pain. *Hand massage* is a non-pharmacological therapy that has been proven effective in reducing pain in various conditions, including post-operative pain. **Objective:** The goal of this study is to evaluate the effectiveness of *hand massage in* reducing pain intensity in postoperative laparatomy patients at RSUD Dr. Moewardi Surakarta. **Methods:** This case study focused on 2 patient recovering from laparotomy who received care in Flamboyan 5 RSUD Dr. Moewardi Surakarta. Pain intensity was measured using the Numerical Rating Scale (NRS) before and after hand massage over a period of 3 days. **Results:** The results Both patient had significant pain score reduced after hand massage. The average decrease in the pain scale was 4.5 points. **Conclusion:** Implementing hand massge has proven to be effective in reducing pain intensity in postoperative xdentician patients. It represent a safe and simple option for non-pharmacological pain management.

Keywords: *Hand Massage*, Pain Scale, Post Laparatomy Surgery