

FINGERTIP RELAXATION TO LOWER PAIN SCALE IN *SECTIO CAESAREA* POSTOPERATIVE PATIENTS

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ESSENCE

Background; Sectio caesarea is an operative procedure through the stage of anesthesia so that the fetus, placenta and amniotic fluid are delivered through an incision in the abdominal wall and uterus. The incision and the damaged tissue cause a painful sensation. Discomfort or pain is a condition that must be overcome with pain management, because comfort is a basic human need. One of the non-pharmacological treatments that can be used to treat pain is finger grip relaxation techniques. The finger grasping technique is part of the Jin Shin Jyutsu technique, which is Japanese acupuncture. An art form that uses a simple touch of the hand and breath to balance the energy in the body. Information about the importance of finger grip relaxation techniques to reduce pain scale can be disseminated through the media. One of them is video. **Aim;** Videos can be used as a medium for health education in the community, especially for post-caesarean section mothers. **Output Description;** The theme of this video is to lower the pain scale with a finger grip relaxation technique and it is recorded using a camera. **Conclusion;** Finger-held relaxation techniques can reduce pain scales in postoperative sectio caesarean patients and finger-held relaxation techniques videos to reduce pain scales can be used as a medium of education, communication, and information.

Keywords: finger grip relaxation technique, Sectio caesarea