

ABSTRACT

APPLICATION OF ICE GEL PACK COMPRESSES FOR DECREASING PATIENT INTENSITY POST OPERATION FRACTURES IN RSUD dr.. SOEHADI PRIJONEGORO SRAGEN

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Background : A fracture is an interrupted occurrence of bone continuity determined by the type and extent of the injury. One of his treatments is Open Reduction and Internal Fixation (ORIF). A common problem in post-operative patients is pain, so it requires non-pharmacological implementation of one of which is compressed ice gel pack. **Objective**: To find out the results of ice gel pack compression therapy in post-operative patients. **Method**: The application was performed with a descriptive method of case study to 2 respondents with a diagnosis of fracture and performed the operation Open Reduction and Internal Fixation (ORIF) performed 6 hours after the operation for 1x within 10-15 minutes. **Result**: Based on the results of the application already performed there was a decrease in the intensity of pain in postoperative patients. **Conclusion**: ice gel pack compression therapy can be used as one of the non-pharmacological techniques or independent intervention in post-operative patients in particular on the action Open Reduction and Internal Fixation (ORIF)

Keywords: Compressed Ice Gel Pack, Fractures, Open Reduction and Internal Fixation (ORIF)