

**THE APPLICATION OF SLOW DEEP BREATHING THERAPY TO REDUCE
HEADACHE INTENSITY IN PATIENTS WITH MILD HEAD INJURY
(MHI) IN THE EMERGENCY DEPARTMENT OF
PANDAN ARANG GENERAL HOSPITAL
BOYOLALI**

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ABSTRACT

Background: Head injury is a common health problem that can significantly impact a person's neurological function. Among the various types of head injuries, Mild Head Injury (MHI) is the most frequently encountered form. Pain in MHI patients can be managed through both pharmacological and non-pharmacological therapies. One of the therapies used is Slow Deep Breathing. **Objective:** To determine the effect of Slow Deep Breathing on reducing pain intensity in MHI patients at the Emergency Department of Pandan Arang General Hospital, Boyolali. **Method:** The method used in this application is descriptive. Pain scale measurement using the Numeric Rating Scale (NRS) was conducted both before and after the implementation of Slow Deep Breathing. **Results:** The results showed that respondent I experienced a decrease in pain scale from 6 to 5, while respondent II experienced a decrease from 7 to 6. **Conclusion:** Slow Deep Breathing can reduce pain intensity from a scale of 6 to 5 and from 7 to 6 in patients with Mild Head Injury (MHI) at the Emergency Department of Pandan Arang General Hospital, Boyolali..

Keywords: Mild_Head_Injury (MHI), Pain, SlowDeep Breathing