

**APPLICATION OF COLD COMPRESSION TO REDUCE THE SCALE OF
PAIN IN PATIENTS POST OPERATION FRACTURE
AT KARTINI KARANGANYAR RSUD**

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ABSTRACT

Background: *The prevalence of fractures worldwide records the incidence of fractures of approximately 440 million. And the parts that often experience fractures are the lower extremities 67% and upper extremities 32%. The results of a preliminary study at the Karanganyar Kartini Hospital showed a significant increase in the number of patients in the last 3 years in 2022 there were 309 patients, in 2023 428 patients, and in 2024 there were 435 patients.***Objective:** *Knowing the results of the implementation of giving cold compresses to reduce the pain scale in postoperative fracture patients at the Kartini Karanganyar Hospital.***Method:** *The application used is a case study with pre and post measurements using the VAS scale.***Results:** *The results of the pain scale before and after being given a cold compress intervention for 2 consecutive days for 20 minutes on both respondents decreased.***Conclusion:** *The application of cold compresses is able to reduce the pain scale in postoperative fracture patients.*

Keywords: *Pain Scale, Postoperative Fracture, Cold Compress*