

APPLICATION OF FINGER-HOLD RELAXATION TECHNIQUE ON PAIN INTENSITY IN POST-LAPAROTOMY SURGERY PATIENTS IN ROOM FLAMBOYAN 5 OF DR. MOEWARDI REGIONAL PUBLIC HOSPITAL

ABSTRACT

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Background: Major laparotomy is a surgical procedure involving an incision in the abdominal wall to access abdominal organs with issues such as cancer, bleeding, obstruction, or perforation. According to the WHO in 2021, the number of patients undergoing surgical procedures has seen a significant increase each year. **Objective:** To determine the results of implementing finger grip relaxation therapy on post-laparotomy pain intensity in Flamboyan 5 Ward, Dr. Moewardi General Hospital. **Method:** The study used a case study method with two participants, and the research instrument employed the NRS. **Results:** The intensity of pain in post-laparotomy patients after undergoing finger grip relaxation therapy was reported to have decreased, with mild pain on a scale of 4 becoming 2 and a scale of 6 becoming 3. **Conclusion:** From this study, it can be concluded that finger grip relaxation therapy is effective in reducing pain.

Keywords: Laparotomy, pain, finger grip