

Abstrak

EFEKTIFITAS KOMPRES DINGIN DAN *GUIDED IMAGERY* TERHADAP SKALA NYERI *POSTOPERATIVE SORE THROAT* (POST) DI RSUD CILACAP

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Latar Belakang : *Postoperative Sore Throat* (POST) merupakan efek samping tindakan intubasi yang dapat menyebabkan kesulitan menelan dan bernafas. Jika tidak segera ditangani dapat memperpanjang masa pemulihan serta menurunkan tingkat kepuasan pasien. Kompres dingin dan *guide imagery* merupakan metode non farmakologis yang dapat diterapkan untuk menangani nyeri. Tujuan penelitian ini untuk mengetahui efektifitas kompres dingin dan *guided imagery* terhadap skala nyeri POST.

Metodologi : Metode penelitian *Quasi eksperiment pre post test with two groups design* dengan menggunakan *purposive sampling* terhadap 60 responden. Instrument menggunakan *Numeric Rating Scale* (NRS) dan diuji menggunakan *paired t test* dan *independent t test*.

Hasil Penelitian : Terdapat perbedaan yang bermakna antara skala nyeri POST sebelum dan sesudah dilakukan tindakan pada kelompok kompres dingin (p 0,001) dan *guided imagery* (p 0,001). Namun antara kedua kelompok tidak terdapat perbedaan penurunan skala nyeri POST yang signifikan (p 0,166).

Kesimpulan : Kompres dingin dan *Guided imagery* sama-sama efektif menurunkan skala nyeri POST

Kata Kunci : *Guided Imagery*, Kompres Dingin, Nyeri, POST.

Abstract

Effectiveness Of Cold Compress And Guided Imagery On The Pain Scale Of Postoperative Sore Throat (POST) At RSUD Cilacap

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Background : Postoperative Sore Throat (POST) is a side effect of the intubation that can cause difficulty in swallowing and breathing. Late treated POST can prolong the recovery period and reduce the patient's satisfaction. Cold compress and guided imagery is a non-pharmacological method that can be applied to treat pain. This study aims to determine the effectiveness of cold compress and guided imagery to reduce the pain scale of POST.

Methodology : The research design used quasi experiment pre-post test with two groups design using purposive sampling with 60 respondents divided into two groups, 30 cold compress groups and 30 respondents as the guided imagery groups. Instrument using a Numeric Rating Scale (NRS). Data analysis test used paired t test and independent t test.

Research result: There were significant differences between the pain scale before and after the intervention of cold compresses (p 0.001) and guided imagery (p 0.001). There was not significant differences between the two groups to reduce the pain scale of POST (p 0.166).

Conclusion : Cold compresses and Guided imagery are both effective in reducing the pain scale of POST.

Keywords : Cold Compress, Guided Imagery, Pain, POST.