

Pengaruh pemberian kompres es batu terhadap penurunan tingkat nyeri pada anak pra sekolah yang dilakukan prosedur pemasangan infus di RSUPN dr. Cipto Mangunkusumo Jakarta = The effect of ice cube to intravenous therapy pain relieve on preschool age children at RSUPN dr. Cipto Mangunkusumo, Jakarta

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Abstrak

Dampak dari hospitalisasi pada anak diantaranya adalah stres. Stres ini timbul karena anak takut akan tindakan invasif, cemas berpisah dengan orang tua serta karena nyeri. Tindakan invasif yang didapat anak selama hospitalisasi sering menimbulkan trauma berkepanjangan. Salah satu prosedur invasif yang dilakukan bagi anak adalah terapi melalui intra vena. Tindakan ini menimbulkan nyeri. Upaya untuk manajemen nyeri ada farmakologis dan non farmakologis. Tindakan non farmakologis yang bisa dilaksanakan oleh perawat diantaranya dengan memberikan stimulasi kulit. Stimulasi kulit yang diupayakan antara lain dengan menggunakan kompres es batu. Tujuan penelitian ini adalah untuk mengetahui pengaruh pemberian kompres es batu terhadap tingkat nyeri anak usia pra sekolah yang dilakukan prosedur pemasangan infus. Penelitian ini menggunakan studi quasi eksperimen dengan rancangan Nonequivalent control group, after only design. Sampel penelitian berjumlah 64 anak yang dilakukan pemasangan infus di rumah sakit dr. Cipto Mangunkusumo Jakarta. Sampel dibagi menjadi 2 kelompok, 32 anak sebagai kelompok intervensi, 32 anak sebagai kelompok kontrol. Instrumen yang digunakan dalam pengumpulan data berupa 1 kuesioner dan 1 lembar observasi dengan menggunakan skala Wong Baker Pain Faces. Instrumen berupa lembar kuesioner.

.....Distress is a negative effect during hospitalization on children. Invasive procedures, separation anxiety and painful which cause considerable child distress. Invasive procedures during hospitalization continuously distress. Intrusive procedures such as venipuncture are well understood as a stressful event for children. Pain management were pharmacological and non pharmacological. Cutaneous stimulation is a non pharmacological therapy to reduce venipuncture related pain and can be performed by nurses. Ice cube is cutaneous stimulation. The purpose of this study was determining the effect of ice cube prior to venipuncture on pain related responses in preschool age child. This study is quasi experiment with nonequivalent control group after only design. The subject were 64 preschool child selected by purposive sampling. Two groups were chosen for this study: 32 the test and 32 control group. Pain responses were measured using Wong Baker faces Pain Scale and confounding factor were measured using questionnaire. After homogeneity test this study analyzed with chi square. Result showed that ice cube reduced pain on preschool age child who were venipuncture, 83,3% mild pain with icecube and 16,7% mild pain without ice cube on $p=0.01, < 0,05$. Ice cube efficient and effective for cutaneous stimulation. Pediatric nurse could apply ice cube for atraumatic care on venipuncture procedures. Sex, ethnic, member of family present, and child experience did not effect pain relieve in children. Child fear significantly effect for pain relieve in preschool age child .