

# Aplikasi musik terapi pada pasien anak post laparatomi di Rumah Sakit Cipto Mangunkusumo = Music therapy intervention on post laparotomy pediatric patient in Cipto Mangunkusumo Hospital

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## Abstrak

### <b>ABSTRAK</b>

Laparotomi merupakan prosedur pembedahan yang dilakukan pada pasien anak. Nyeri menjadi salah satu manifestasi klinis yang sering ditimbulkan akibat insisi pembedahan. Masalah keperawatan nyeri akut pada umumnya terjadi pada anak pasca operasi laparatomi. Nyeri yang dirasakan bervariasi antara sedang hingga ke berat. Salah satu cara yang dapat dilakukan untuk meminimalisir nyeri yang dirasakan adalah dengan melakukan manajemen nyeri non farmakologis distraksi. Pemberian intervensi manajemen non farmakologis distraksi berupa terapi musik audiovisual dapat menurunkan nyeri. Hasil intervensi yang diberikan pada pasien kelolaan utama pasca operasi laparatomi dengan nyeri akut mampu menurunkan nyeri anak dari VAS 5/10 menjadi VAS 3/10. Pemberian terapi non farmakologis perlu diikuti dengan terapi farmakologis untuk meningkatkan efektifitas intervensi yang dilakukan. Penggunaan terapi non farmakologis distraksi terapi musik audiovisual disarankan untuk mengurangi nyeri pada anak pasca operasi laparatomi.

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Laparotomy is a surgical procedure that is often performed on pediatric patients. Often pain becomes one of the clinical manifestations caused by a surgical incision. Nursing problems in acute pain generally occur in children post laparotomy. Pain that is felt varies between moderate to severe. One way that can be done to minimize the pain is to do non-pharmacological pain management. Non-pharmacological distraction management intervention by giving audiovisual music therapy can reduce the pain in pediatric patients. The results of the intervention that has been given to patient after laparotomy surgery were resulted in acute pain decreased from VAS 5/10 to VAS 3/10. Non-harmacological therapy needs to be given together with pharmacological therapy to improve the effectiveness of the interventions. The use of non-pharmacological distraction therapy in audiovisual music is recommended to reduce pain in children after laparotomy.

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