

APPLICATION OF THE FINGER GRIP RELAXATION TECHNIQUE TO REDUCE PAIN INTENSITY POST DEXTRA MAMMAE TUMOR OPERATION: A CASE STUDY

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ABSTRACT

Mammary tumor is a group of abnormal cells in the breast that grow multiple times. These cells then form a mass/lump in the breast. Nursing problems that can occur in post-operative mammary tumor sufferers are; acute pain related to surgical incisions, disturbed sleep patterns, impaired skin/tissue integrity, anxiety related to crisis situations, risk of infection related to risk factors for leukopenia (Smeltzer, 2018). This scientific paper aims to enable researchers to provide an explanation regarding nursing care using the finger grip relaxation technique to reduce pain intensity in patients post surgery for right breast tumors in Mrs. S at the Bhakti Wira Tamtama Hospital. The research method uses the case study method. The study subject is an individual, namely Mrs. S patient post surgery for dextra mammary tumor. The focus of this case study is the application of finger grip relaxation techniques to reduce pain intensity in post-operative patients with dextra mammary tumors. The location for collecting case study data was at Bhakti Wira Tamtama Hospital on January 22-23 2024. The research results showed that nursing diagnoses were made based on complaints and results of examinations carried out on mammary tumor patients in the patient's medical records, the diagnosis made was acute pain. In conclusion, the application of the finger grip relaxation technique was effective in reducing pain intensity in post-operative patients with right breast tumors in Mrs. S (pain scale decreased from 7 to 3).

Key words: finger grip relaxation technique, pain, post surgery for dextra mammary tumors.

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INTRODUCTION

Mammary tumor is a group of abnormal cells in the breast that grow multiple times. These cells then form a mass/lump in the breast. A reference has explained that breast tumors are usually divided into two types, namely, malignant and benign tumors. Benign tumors cannot infiltrate the surrounding tissue, do not move to other organs, and grow slowly. Malignant tumors are usually called breast cancer, compared to benign tumors, malignant tumors have a relatively faster growth rate, usually grow by infiltration, invasion, destruction and even moving to surrounding tissue (Handayani, 2017).

Data according to the WHO (World Health Organization) shows that cancer is the second cause of death worldwide, with a percentage of around 9 million deaths in 2018. Approximately 70% of deaths caused by cancer occur in middle and low income countries. There were 2.09

million cases of this sufferer and resulted in 627,000 deaths (WHO, 2018).

Based on the 2018 Riskesdas prevalence figures (basic health research), in Indonesia the incidence of tumors/cancer increased in 2018 to 1.79% from 1.4% per 1,000 population in 2018. The region with the highest breast cancer is DIY with the number 4.86, West Sumatra 2.47, Gorontalo 2.44 per 1,000 population (Kemenkes, 2019).

Of all women of childbearing age/WUS who have had a Clinical Breast Examination (examination to detect abnormalities in the breast and used as an early stage evaluation before it develops further) as many as 1.305% had tumors/lumps on WUS. The highest percentage of CBE inspection results in the district/city is Semarang City with 24.88% (Dinkes Provinsi Jateng, 2019).

Treating breast tumors requires several treatment methods, such as surgery, radiation therapy, hormone therapy, and chemotherapy (Oetami, 2014). In surgery there are various types of surgical methods, Lumpectomy is a breast conservation surgery, because the surgery is carried out by leaving only healthy body tissue and then removing all tumor or cancer cells. Patients will undergo lumpectomy surgery if the breast size is larger than the cancer/tumor, and after surgery the breast shape is still close to the original (Stoppler, 2020).

Nursing problems that can occur in post-operative mammary tumor sufferers are; acute pain related to surgical incision, disturbed sleep patterns, impaired skin/tissue integrity, anxiety related to crisis situations, risk of infection related to risk factors for leukopenia (Smeltzer, 2018).

Pain is defined as one of a person's predisposing factors as well as a sensory and emotional experience, as well as comfort caused by potential or actual tissue damage described in the form of such damage (Andarmoyo, 2018).

The main choice of action that is often given to deal with pain is by administering analgesics to relieve the pain that is felt. For adults, non-pharmacological therapy methods have been developed to treat pain, namely relaxation techniques. Relaxation is the act of relaxing skeletal muscles which is believed to reduce pain by relaxing muscle tension that supports pain. One of the non-pharmacological treatments that can be done is the Finger Hold Relaxation technique. This finger hold relaxation technique is an easy way to manage emotions and develop emotional intelligence. Along our fingers there are energy channels or meridians that are connected to various organs and emotions (Astutik & Kurlinawati, 2017).

Based on the description above, it shows that every patient undergoing surgery will experience or feel severe pain. So we, researchers, are interested in compiling a Final Scientific Paper for Nurses (KIAN) with the title "Application of Finger Grip Relaxation Techniques to Reduce Pain Intensity in Postoperative Patients with Breast Dextra

Tumors in Mrs. S at Bhakti Wira Tamtama Hospital".

METHOD

Data collection method using the case study method. The study subject is an individual, namely Mrs. S patient post surgery for dextra mammary tumor. The focus of this case study is the application of finger grip relaxation techniques to reduce pain intensity in post-operative patients with dextra mammary tumors. Location of case study data collection at Bhakti Wira Tamtama Hospital on January 22-23 2024.

RESULTS AND DISCUSSION

The case study taken by the author regarding nursing care for Mrs. S with a mammary tumor in the Nusa Indah room at Bhakti Wira Tamtama Hospital, which was carried out from January 22 2024 to January 23 2024. The author will discuss the shortcomings and obstacles encountered by the author during the provision of nursing care while still providing aspects of assessment, diagnosis nursing, nursing intervention, implementation, and nursing evaluation.

1. Assessment

The initial stage of data collection which is carried out first after the patient is treated in hospital by a nurse is an assessment. All data is collected systemically to determine the patient's health at that time and must be done comprehensively (Sitorus, 2019).

In providing the title, the author chose the title Nursing Care for Mrs. S with a diagnosis of mammary dextra tumor in the Nusa Indah room at the Bhakti Wira Tamtama Hospital. When making observations, and physical examination methods. In carrying out the study the author did not experience any obstacles/difficulties, this was because the patient and family were open in conveying information to the author.

The results of the assessment after surgery on January 22 2024 found that the patient's main complaint was that the patient said it was pain. continuously. TTV examination showed BP: 126/99 mmHg, N: 89x/minute, S: 36°C. On January 22 2024, when the study was carried out, Mrs. S said he had difficulty sleeping,

slept late in the morning, always woke up when he felt pain, the patient looked pale and lethargic.

2. Diagnosis

Diagnosis is a clinical assessment of the patient's response to a health problem (PPNI, 2016). Nursing problems that can occur in patients with mammary tumors after surgery are: Acute pain related to physical injury agents and complaints of pain (D.0077), Impaired physical mobility related to pain d.d pain when moving, limited movement and physical weakness. (D.0054), Risk of infection and effects of invasive procedures (D.0142) (Brunner & Suddarth, 2018). Based on this, the author takes a theoretical basis based on the SDKI (Nursing Diagnostic Standards).

The author establishes the first diagnosis of acute pain related to a physical injuring agent, acute pain is a sensory emotional experience related to functional or actual tissue damage, with a sudden onset and mild to severe intensity, and lasting less than 3 months (PPNI, 2016).

In accordance with the theory according to (PPNI, 2016) that the characteristics of the diagnosis of acute pain are: complaining of pain, facial expressions indicating pain, namely grimacing and restlessness. This diagnosis is made if major supporting data such as complaints of pain, anxiety, difficulty sleeping and minor data increase blood pressure, increase temperature, increase breathing patterns. On January 22 2024, the author confirmed the main diagnosis of acute pain related to a physical injury agent because during the assessment the data was obtained according to the characteristics limits and subjective data the patient felt pain in the upper right breast and objective data the patient appeared to be grimacing in pain, P: the patient said there was pain in the lump right breast, Q: like being pricked by a needle, R: right breast, S: scale 7, T: constantly.

The author establishes a diagnosis of pain as a priority because pain complaints are complaints that are currently being felt by the patient and if not treated immediately will cause discomfort, can hinder activities and can cause fear in carrying out movements or activities that can hinder the healing process.

Diagnoses that are in the theoretical review but do not appear are skin/tissue integrity disorders, anxiety. This diagnosis can be made if data is obtained on inadequate primary body defenses (damage to skin integrity, tissue trauma), chronic disease, and if there is confusion, worry, anorexia, increased respiratory frequency and so on. The author did not make this diagnosis because when studied the author did not get complete data.

There is a rational diagnosis in breast tumor/cancer patients, according to (Ningsih & Sowwan, 2018) in mastectomy surgery for either one or both breasts is a traumatic incident in a woman's life and will have an impact on her social and psychological life. This surgery will result in a diagnosis of body image disturbance. The problem of body image disturbance arises due to loss of body parts, self-actualization, social function, physical function and quality of life. The author did not confirm this diagnosis because basically the surgery the patient underwent was a lumpectomy. In this surgery the author had a little difficulty finding the right and appropriate reference source. According to (PPNI, 2016) there are several major and minor symptoms, namely, subjective major signs, revealing loss of body parts, objective; bodily functions are lost. Subjective minor symptoms and signs do not want to express disability, express negative feelings in parts of the body, worry, objective; hiding or showing excessive body parts. Meanwhile, subjective data was only obtained from patients who said they were embarrassed when taking off their clothes when changing dressings.

3. Intervention

Interventions are various actions that can achieve certain goals. Nursing interventions include developing a series of nursing goals, actions, and evaluations for patients based on assessment analysis to solve the patient's health and nursing problems (Bararah & Jauhar, 2018).

The author developed the intervention based on SIKI (Indonesian Nursing Intervention Standards). In the first diagnosis of acute pain related to a physical injuring agent, the preparation of the intervention aims to ensure that after 3 x 24 hours of nursing, it is hoped that

the level of pain will decrease with the outcome criteria: decreased complaints of pain, decreased anxiety. Interventions designed: identification of location, duration, frequency, characteristics, quality of pain, identification of pain scale, teaching non-pharmacological techniques to reduce pain, collaboration in providing analgesics. Non-pharmacological techniques are the main focus that the author provides in nursing care for Mrs. S, the non-pharmacological technique used is a deep finger grip relaxation technique which aims to enable the patient to relieve the pain he is feeling.

Previous research journals stated that the application of the finger grip relaxation technique was effective in reducing post-operative pain of modified radical mastectomy (MRM) with a medical diagnosis of carcinoma mammae dextra in the central surgery (IBS) room at RSPTN, Hasanuddin University. So the implication is that the finger grip relaxation technique can be applied to post-operative patients to reduce pain levels (Fathiah, 2023).

4. Implementation

Implementation is the implementation and realization of what has been arranged in previous planning. The author manages patients in the implementation of each diagnosis.

Acute pain is related to physical injurious agents. In this diagnosis, the author carried out implementation for 3x24 hours to deal with acute pain from January 22 to January 23 2024. The action taken by the author taught the patient how to relax techniques (holding fingers) with the patient's subjective response saying it was more comfortable after carried out finger grip exercises, and objective data was obtained that the patient looked relaxed, the patient was enthusiastic when being trained in the finger grip relaxation technique. Implementation of the finger-hold relaxation technique aims to relax the patient in a more comfortable condition and divert the patient's thoughts and pain to focus on his/her deep breath (PPNI, 2016).

The risk of infection is related to the effects of invasive procedures for 3 x 24 hours. The author implemented it to overcome the problem of infection risk from January 22 2024 to January 23 2024. The actions carried out by the author

monitored signs of infection, wound characteristics, collaborated on administering antibiotics, and changed the patient's dressing with subjective responses. The patient said there were no complaints of fever and pain when the dressing was changed, the patient's objective response was that the temperature was within the normal range, namely 36°C, the wound looked clean, there were no signs of infection such as edema, pus, bleeding, redness and fever. The implementation provided aims to enable the author to control the condition of the wound and to treat and prevent bacterial infections.

5. Evaluation

The fifth stage is evaluation, this stage is the final stage of the nursing process. Evaluations are carried out to determine the effectiveness of the nursing care provided. Nursing evaluation was carried out 3x24 hours on Mrs. S, namely January 22-23 2024, the last evaluation found:

Acute pain is related to physical injurious agents. From the nursing evaluation carried out 3x24 hours, it was found that the acute pain problem had been resolved with a pain scale of 2, complaints of reduced pain, BP: 122/80 mmHg, N: 70x/minute, S: 36.4°C, KU: OK, then the author stops the nursing intervention.

The risk of infection is related to the effects of invasive procedures. From the nursing evaluation carried out 3x24, it was found that there were no signs of risk of infection in the wound, the patient had no complaints of fever, it can be concluded that the risk of infection had been resolved, so the author stopped nursing intervention..

CONCLUSION

1. Basic concepts of disease

Mammary tumor is a disease that occurs as a result of the growth of normal cells becoming abnormal which then multiply and attack the lymphatic tissue and blood vessels.

2. Assessment

The study that the author has carried out on Mrs. S with a mammary tumor was obtained subjectively and objectively which in the

end the author was able to establish three diagnoses, namely Acute Pain related to a physical injuring agent characterized by complaints of pain (D.0077), Impaired physical mobility related to pain characterized by pain when moving, limited movement and physical weak. (D.0054), The risk of infection is related to the effects of invasive procedures (D.0142).

3. Prioritization of problems and nursing diagnoses

The nursing diagnosis is made based on complaints and the results of examinations carried out on mammary tumor patients in the patient's medical record. The diagnosis made is acute pain.

4. Evaluation of the nursing diagnosis carried out by the author by stopping the intervention because all nursing problems have been resolved.

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