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Managemen non farmakologi nyeri pada anak pra sekolah yang dilakukan tindakan invasif: *literature review*

xiv+47 Halaman+7 Tabel+1 Skema+9 Gambar

Abstrak

Anak prasekolah merupakan anak berusia 3-5 tahun, nyeri adalah keadaan emosional maupun sensorik yang tidak menyenangkan berhubungan dengan kerusakan suatu jaringan maupun aktual dan potensial. Managemen nyeri non farmakologi merupakan sebuah terapi untuk mengurangi nyeri tanpa agen farmakologis. Metode yang digunakan dalam penelitian ini yaitu *literaturareview* diawali dengan pemilihan topik, kemudian ditentukan *keyword* untuk pencarian jurnal menggunakan bahasa Indonesia dan bahasa Inggris melalui beberapa database yaitu *Google Scholar* dan *Science Direct*. Pencarian ini dibatasi untuk jurnal mulai tahun 2010 sampai 2020 dan didapatkan 1 jurnal internasional dan 8 jurnal nasional. *Literatur Review* secara komprehensif merangkum serta menjelaskan hasil penelitian yang tersedia, bahwa penyebab nyeri yang terjadi pada anak pra sekolah yaitu nyeri akibat pemasangan infus, pungsi vena dan injeksi. Alat ukur nyeri yang sering digunakan pada anak pra sekolah yaitu FLACC (*face, actifity, legs, cry, consolability*) adapun alat ukur lainnya *Face pain scale, oucher* dan *face pain rating scale*. Managemen nyeri non farmakologi pada anak pra sekolah yang memiliki efektifitas tinggi yaitu distraksi visual, terapi musik dan vidio game, relaksasi nafas dalam dengan meniup baling-baling, pemberian larutan gula, dengan nilai signifikan $p=0,000$ ($p<0,005$) Adapun managemen non farmakologi lainnya yang digunakan antara lain aromaterapi inhalasi dengan esensi lavender dan kompres dingin. Diharapkan dalam menangani masalah nyeri akibat tindakan invasif pada anak pra sekolah menggunakan metode non farmakologi distraksi visual, terapi musik dan vidio game, relaksasi nafas dalam dengan meniup baling-baling dan pemberian larutan gula karena managemen non farmakologi tersebut memiliki tingkat efektifitas yang tinggi.

Kata kunci : Managemen nyeri non farmakologi, nyeri, anak pra sekolah

Pustaka : 39 (2010-2020)

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Non pharmacological pain management in preschool children undergoing invasive measures: literature review

xiv + 47 Pages + 7 Tables + 1 Schematic + 9 Figs

ABSTRACT

Preschool children are children aged 3-5 years, pain is an unpleasant emotional and sensory state associated with tissue damage as well as actual and potential. Non pharmacological pain management is a therapy to reduce pain without pharmacological agents. The method used in this research is literature review begins with topic selection, then keywords are determined for journal searches using Indonesian and English through several databases, namely Google Scholar and Science Direct. This search was limited to journals from 2010 to 2020 and found 1 international journal and 8 national journals. The literature review comprehensively summarizes and explains the results of available research, that the causes of pain that occur in pre-school children are due to infusion, venous puncture and injection. Pain measurement tools that are often used in pre-school children are FLACC (face, activity, legs, cry, consolability) as well as other measuring tools Face pain scale, oucher and face pain rating scale. Management of non-pharmacological pain in preschool children that has high effectiveness, namely visual distraction, music therapy and video games, relaxation of deep breaths by blowing a propeller, giving sugar solution, with a significant value of $\rho = 0.000$ ($\rho < 0.005$). Other non-pharmacological treatments include inhaled aromatherapy with lavender essence and cold compresses. It is hoped that in dealing with pain problems due to invasive action in pre-school children using non-pharmacological visual distraction methods, music therapy and video games, deep breathing relaxation by blowing a propeller and giving sugar solution because non-pharmacological management has a high level of effectiveness.

Keywords: *Non pharmacological pain management, pain, pre-school children*

References : *39 (2010-2020)*