

**WARM COMPRESS INTERVENTION AND BENSON RELAXATION TO  
OVERCOME ACUTE PAIN IN PERIOPERATIVE PATIENTS WITH  
HERNIA NUCLEUS PULPOSUS AT KARSA HUSADA BATU HOSPITAL**

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**ABSTRACT**

Hernia Nucleus Pulposus (HNP) is a disorder in which the soft cushion between the vertebrae experiences pressure and ruptures, resulting in narrowing and pinching of the nerve blood vessels. One of the signs and symptoms in patients with Hernia Nucleus Pulposus (HNP) is significant pain, especially in the lower back. This scientific work uses a descriptive research design with a case study approach method. Interventions that can be carried out in Hernia Nucleus Pulposus (HNP) patients with acute pain include warm compresses and Benson relaxation. Warm compresses are given for 20 minutes and followed by Benson relaxation. It was found that after being implemented for five days of treatment, the acute pain experienced by the patient was reduced from a pain scale of 6 to a pain scale of 1. Compress given to the lower back in the spinal area will reduce pain, the heat produced will increase circulation to the area thereby opening it up. circulation caused by pressure. Benson relaxation produces a relaxation response that involves beliefs held by the patient that will speed up the patient's state of becoming more relaxed. The combination of the patient's confidence with the relaxation response will double the relaxation effect obtained.

Keyword : hernia nucleus pulposus, warm compress, benson relaxation