

PAIN MANAGEMENT FOR PATIENTS WITH CORONARY ARTERY
DISEASE (CAD) THROUGH THE IMPLEMENTATION OF SPIRITUAL
EMOTIONAL FREEDOM TECHNIQUE (SEFT) AT THE ABIMANYU WARD
JOMBANG HOSPITAL

Yanuar Putrikasari¹, Tri Johan Agus Yuswanto²
NursE Profession Education Program, Department of Nursing,
Health Polytechnic of Malang
E-mail: yanuarputrikasari@gmail.com

ABSTRACT

Introduction: Coronary Artery Disease (CAD) is a cardiovascular disorder caused by the narrowing or blockage of the coronary arteries, resulting in reduced blood flow to the myocardium. One of the most common problems experienced by patients with CAD is acute pain due to myocardial ischemia, which may decrease patient comfort and quality of life. One non-pharmacological therapy that can be utilized to help reduce pain is the Spiritual Emotional Freedom Technique (SEFT).

Objective: This study aimed to provide nursing care for a patient with CAD through the implementation of the SEFT. **Method:** This paper employed a descriptive design using a case study approach. The nursing care process consists of assessment, nursing diagnosis, intervention, implementation, and evaluation. Nursing care was provided over a three-day period from April 13–15, 2026 in the Abimanyu Ward of Jombang Hospital. **Result:** SEFT was administered three times over the three-day period, with each session lasting 25 minutes. Following the intervention, the patient's pain intensity decreased from a pain scale of 4 (moderate) to 2 (mild). The patient also reported feeling more comfortable and calmer after receiving SEFT. **Conclusion :** The implementation of SEFT as part of nursing care may help reduce pain intensity and improve comfort in patients with CAD.

Keywords: Coronary Artery Disease (CAD), Spiritual Emotional Freedom Technique (SEFT), Pain Management