

CHAPTER I

INTRODUCTION

1.1 Background

Coronary Artery Disease (CAD) is a cardiovascular disease that is a leading cause of morbidity and mortality worldwide. According to the World Health Organization, an estimated 19.8 million people die from cardiovascular disease in 2022, accounting for approximately 32% of all global deaths. Of these, approximately 85% are caused by heart attacks and strokes. CAD occurs due to narrowing or blockage of the coronary arteries caused by atherosclerosis, reducing blood flow to the heart muscle and causing symptoms such as chest pain (angina pectoris) (Frak, 2022). The pain experienced by CAD patients is generally acute, pressing, and can radiate to the left arm, neck, or jaw. If not treated appropriately, it can worsen the patient's condition and even lead to serious complications such as myocardial infarction (Shao, 2020).

A common problem in CAD patients is acute pain related to an imbalance between myocardial oxygen supply and demand (Handhayani, 2023). Acute pain not only causes physical discomfort but also impacts the patient's psychological state, such as anxiety, fear, and stress. Pain management in CAD patients can be carried out through pharmacological and non-pharmacological approaches. Pharmacological approaches such as analgesics and nitrates are often used to reduce pain, but have certain side effects with long-term use (Tarkin, 2016). Therefore, complementary therapies are needed as alternatives or supports to help reduce pain more holistically.

One non-pharmacological therapy that can be used is the Spiritual Emotional Freedom Technique (SEFT). SEFT is a therapy method that combines spiritual aspects with tapping techniques (light tapping on the body's meridian points) to balance the body's energy and provide a relaxing effect (Purnamayanti, 2023). This therapy can reduce pain intensity, reduce anxiety, and increase the patient's inner peace (Rumambi, 2023). In nursing practice, SEFT can be an easy-to-perform, non-invasive intervention that can improve the quality of nursing care holistically.

Several studies have shown that SEFT therapy is effective in reducing pain intensity and anxiety in patients with various medical conditions (Rumambi, 2023). This suggests that spiritual and emotional approaches play a crucial role in assisting the patient's healing process. Therefore, the application of SEFT to CAD patients with acute pain is an alternative nursing intervention that can be developed. Observations in the Abimanyu Ward at Jombang Regional Hospital revealed that patients diagnosed with CAD experienced chest pain that required immediate and comprehensive treatment. The interventions provided were predominantly pharmacological, while the application of complementary therapies such as SEFT was not optimal. This indicates the need for nurses to develop holistic-based nursing interventions to improve the quality of nursing care.

Based on the description above, the author is interested in compiling a Nurse Profession Final Paper entitled "Pain Management in Coronary Artery Disease (CAD) Patients through the Application of Spiritual Emotional Freedom Technique (SEFT) in the Abimanyu Room of Jombang Regional Hospital".

1.2 Problem Formulation

Based on the background above, the problem formulation of this Nurse Profession Final Paper is: “Pain Management For Patients With Coronary Artery Disease (CAD) Through The Implementation Of Spiritual Emotional Freedom Technique (SEFT) At The Abimanyu Ward Jombang Hospital?”

1.3 Research purposes

1.3.1 General purpose

This study aims to determine nursing care for CAD patients with acute pain in the Abimanyu Ward Jombang Hospital.

1.3.2 Special purpose

1. Conducting data assessment and analysis on CAD patients with Acute Pain in the Abimanyu Ward of Jombang Hospital
2. Formulating nursing diagnoses in providing nursing care to CAD patients with acute pain in the Abimanyu Ward of Jombang Hospital
3. Developing a nursing care plan for each nursing diagnosis in CAD patients with acute pain in the Abimanyu Ward Jombang Hospital
4. Carrying out nursing care implementation on CAD patients with Acute Pain in the Abimanyu Ward Jombang Hospital
5. Conducting nursing evaluations on CAD patients with acute pain in the Abimanyu Ward at Jombang Hospital

1.4 Benefits of research

1.4.1 Theoretical Benefits

The theoretical benefit of this Nurse Profession Final Paper is that it can be used as additional literature in the development of scientific knowledge regarding the provision of SEFT interventions for pain in patients with CAD.

1.4.2 Practical Benefits

1. For Hospitals

The results of this Nurse Profession Final Paper are expected to provide input for hospitals in improving the quality of nursing services, particularly in pain management in patients with CAD through the application of complementary therapies such as SEFT. Furthermore, it can serve as a basis for developing standard operating procedures (SOPs) related to holistic-based nursing interventions.

2. For Institutions

This Nurse Profession Final Paper is expected to serve as an additional reference for nursing educational institutions in developing knowledge, particularly regarding the application of SEFT complementary therapy in nursing practice. Furthermore, it can serve as a learning resource for students in providing comprehensive, evidence-based nursing care.

3. For Patients

The application of SEFT is expected to help reduce the intensity of acute pain, reduce anxiety, and improve the comfort and quality of life of patients with CAD.