

THE IMPLEMENTATION OF EFFLEURAGE MASSAGE TO REDUCE PAIN INTENSITY IN POST-CESAREAN SECTION MOTHERS AT BANGIL REGIONAL GENERAL HOSPITAL

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ABSTRACT

Pain is a common problem encountered in post-cesarean section (CS) patients. Pharmacological therapy alone is not sufficient to help mothers control pain, so a combination of non-pharmacological therapies is needed, one of which is the effleurage massage technique. Based on data from Bangil Regional Hospital on October 6, 2025, there were five post-cesarean section patients. One patient underwent a CS due to a previous history of CS and experienced acute pain, thus being selected as a case study subject. This study aims to provide nursing care to postpartum mothers with acute pain. The case study design focuses on the nursing care process, which includes assessment, diagnosis, intervention planning, implementation, and evaluation of nursing care. The results of the case study indicate that the primary nursing problem is acute pain. The intervention provided is pain management with a focus on the application of the effleurage massage technique as a non-pharmacological therapy. After 3 x 24 hours of nursing intervention, the patient's pain scale decreased from 7 to 3, accompanied by a gradual increase in the ability to perform early mobilization. The application of effleurage massage as a non-pharmacological therapy can complement pharmacological therapy in reducing pain in post-C-section patients. Therefore, healthcare professionals are expected to continue developing various non-pharmacological therapies to improve the quality of nursing care for post-C-section patients.

Keywords: *Acute Pain, Effleurage Massage, Post-Cesarean Section*