Application of the Finger Hold Relaxation Technique for Acute Pain in Post-Cesarean Section Mothers in the Dewi Kunthi Ward at Ngudi Waluyo Regional General Hospital, Wlingi

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ABSTRACT

Cesarean Section is a surgical procedure performed to facilitate delivery when a normal vaginal delivery is not feasible. A common issue faced by mothers following a cesarean section is acute pain resulting from the surgical incision. Unmanaged pain can hinder mobilization, breastfeeding, and mother-infant bonding, as well as delay recovery. The "finger hold" relaxation technique is a non-pharmacological intervention that can be used to alleviate this pain. This final nursing project aims to examine the application of the finger hold relaxation technique for managing acute pain in post-cesarean mothers in the Dewi Kunthi Ward at Ngudi Waluyo Regional General Hospital (RSUD), Wlingi. The study employs a case study design utilizing the nursing process approach, comprising assessment, nursing diagnosis, planning, implementation, and evaluation. The subject was a post-cesarean mother experiencing acute pain rated at a level of 7. The intervention involved administering the finger hold relaxation technique over three days as a complementary therapy alongside standard hospital pharmacological treatment. Evaluation was conducted by monitoring changes in pain intensity using a pain scale. The application of the finger hold relaxation technique is expected to reduce pain intensity, enhance comfort, improve mobility, and support the recovery process for post-cesarean mothers. As a non-pharmacological nursing intervention that is easy to perform, safe, and potentially effective, this technique can serve as an independent nursing intervention to improve the quality of nursing care.

Keywords: Acute pain, caesarean section, finger hold, nursing intervention.