Abstract

Acute appendicitis is a leading cause of emergency abdominal surgery in Indonesia. Post-operative pain is a common issue following laparotomy and, if not managed properly, can hinder recovery and increase the risk of complications. Pain management that still relies on pharmacological analgesics has various side effect limitations. Non-pharmacological interventions, such as classical music therapy and cold compresses, offer a safe and easily applicable alternative. Previous studies have shown the effectiveness of each intervention individually; however, their combination is believed to provide a synergistic analgesic effect through central (distraction, relaxation) and peripheral (vasoconstriction, reduced nerve conduction) mechanisms.

This descriptive research with a case study approach aims to describe the implementation and evaluation of nursing care for a post-appendectomy laparotomy patient with acute pain problems who received a combination intervention of classical music therapy and cold compresses at Karsa Husada Batu Hospital. The research subject was Mrs. S, a 28-year-old female with a medical diagnosis of perforated appendicitis who underwent surgery on May 5, 2025.

Nursing care was carried out for 3x24 hours with a focus on pain management. The main nursing intervention was the administration of a combination of classical music therapy (as a distraction) and cold compresses on the incision area, supplemented with pharmacological analgesics according to collaboration. Evaluation of pain intensity using a numerical scale showed a significant decrease: from scale 5 (first day) to scale 3 (second day), and finally scale 2 (third day). Vital signs such as pulse rate also improved, from 110 beats/minute to 87 beats/minute. The patient reported increased tolerance to pain during movement.

The conclusion of this research indicates that the combination of classical music therapy and cold compresses is effective as an additional non-pharmacological intervention in reducing the intensity of acute pain in post-laparotomy patients. This combination can be integrated into routine nursing care to improve patient comfort, accelerate recovery, and reduce dependence on analgesics. It is recommended that health institutions adopt protocols for this combination therapy and for future researchers to test its effectiveness with stronger research designs and larger samples.

Keywords: *Appendicitis, Laparotomy, Post-Operative Pain, Classical Music Therapy, Cold Compress, Nursing Care.*