EFFECTIVENESS OF P⁶, ST³⁶ POINT ACUPRESSURE, AND DEEP BREATHING RELAXATION ON POST OPERATIVE NAUSEA AND VOMITING IN SECTIO CAESAREA PATIENTS IN THE MATAHARI ROOM, RSUD KARSA HUSADA BATU

Fannia Zata Brilliant, Dr. Roni Yuliwar, S.Kep., Ns., M.Ked.
Undergraduate Applied Nursing Program, Department of Nursing
Politeknik Kesehatan Kemenkes Malang
Email : fanniazata@gmail.com

ABSTRACT

Background *: Post Operative Nausea and Vomiting (PONV) is a common complication after Sectio Caesarea that causes discomfort and delays recovery. Acupressure and deep breathing relaxation are non-pharmacological therapies proven effective in reducing PONV symptoms.* ***Objective*** *: To determine the effectiveness of acupressure at points P⁶ and ST³⁶ and deep breathing relaxation in reducing the intensity of PONV among Sectio Caesarea patients.* ***Method*** *: This study used a quasi-experimental design with a Two Group Pre-Test and Post-Test Design. The sample consisted of 64 subjects divided into two groups : acupressure (P⁶ and ST³⁶ points) and deep breathing relaxation. PONV intensity was measured using the RINVR scale. Data were analyzed using the Paired Sample T-Test and Independent Sample T-Test with a significance level of $p < 0.05$.* ***Result*** *: The mean PONV score before acupressure was 14.44 and after treatment 7.34 ($p < 0.05$). The mean before deep breathing relaxation was 14.63 and after 9.38 ($p < 0.05$). There was a significant difference in effectiveness between the two groups ($p < 0.05$), showing that acupressure at points P⁶ and ST³⁶ was more effective in reducing PONV.* ***Conclusion*** *: Acupressure at points P⁶ and ST³⁶ is more effective than deep breathing relaxation in reducing PONV intensity among post Sectio Caesarea patients.*

Keywords *: Acupressure, Deep Breathing Relaxation, PONV, Sectio Caesarea*