

APPLICATION OF LAVENDER AROMATHERAPY AS AN EVIDENCE BASED PRACTICE IN REDUCING PAIN SCALE IN POST APENDECTOMY PATIENTS

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ABSTRACT

Latar belakang: Acute pain is a common problem experienced by patients after an appendectomy due to tissue damage and post-surgical inflammation. In addition to pharmacological therapy, non-pharmacological therapies such as lavender aromatherapy can be used as complementary therapies to help reduce pain intensity. **Tujuan penelitian:** The purpose of this Final Scientific Paper for Nurses is to describe the application of lavender aromatherapy in reducing acute pain in post-appendectomy patients. **Metode penelitian:** The method used was a case study with a nursing process approach, encompassing assessment, nursing diagnosis, intervention, implementation, and evaluation. The subject was a post-appendectomy patient with a nursing diagnosis of acute pain. Lavender aromatherapy was implemented for three consecutive days, along with other nursing interventions. Pain was measured using the Numeric Rating Scale (NRS). **Hasil penelitian:** Implementation showed a decrease in pain intensity after administering lavender aromatherapy over a 3-day intervention namely on 20-23 February 2026. On the first day, the pain scale was 4, on the second day, the pain scale was 3, and on the third day, the pain scale was 3. Patients reported reduced pain, appeared more relaxed, more comfortable, and were able to rest better. Furthermore, nonverbal signs of pain, such as grimacing and restlessness, also decreased. **Kesimpulan:** There was a decrease in the pain scale after applying lavender aromatherapy as an evidence-based practice in reducing the pain scale after appendectomy surgery. **Kata Kunci:** Lavender aromatherapy, acute pain, appendectomy, complementary therapy, nursing care.