

**LEMON AROMATHERAPY INTERVENTION TO OVERCOME
ACUTE PAIN IN POST-OPERATIVE PATIENTS WITH 1/3 TIBIA
DEXTRA FRACTURE IN THE ORAL ROOM PLATINUM 3 RS
LAVALETTE MALANG**

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ABSTRACT

Pain is a form of sensory experience from an individual that is unpleasant and occurs due to tissue damage in a part of the individual's body. One of the typical symptoms and is usually felt directly from the fracture condition. One of the non-pharmacological therapies to reduce pain is lemon aromatherapy, which is an aromatherapy used to overcome pain and anxiety because it contains linalool which is useful for stabilizing the nervous system. Purpose of the study To analyze the intervention of lemon aromatherapy in overcoming acute pain in postoperative patients with 1/3 tibia dextra fractures in Platinum Room 3, Lavalatte Hospital. This study uses the alloanamneses method, analyzing the intervention of lemon aromatherapy to overcome acute pain in postoperative patients with 1/3 tibia dextra fractures by inhalation for 5 minutes. It was obtained after being given implementation for 3 days of treatment in 2 times of lemon aromatherapy administration, the acute pain experienced by patient 1 and patient 2 could be reduced from a pain scale of 6 to a pain scale of 1. Showing that this lemon aromatherapy is very effective in overcoming pain from a mild pain scale to a severe pain scale. In addition to pharmacological efforts, namely by consuming painkillers, there are also non-pharmacological efforts that can be done to reduce the intensity of fracture pain by providing lemon aromatherapy.

Keywords: Acute pain, Fracture, Lemon aromatherapy