

ABSTRACT

Nursing Care for Acute Pain with Foot Massage and Mindfulness-based Stress Reduction Interventions in Post-Craniotomy Surgery Patients with Subdural Hematoma Diagnosis in the Teratai Room of dr. Soepraoen Hospital, Malang. Virginia Martzarini (2025). Nursing Professional Education Study Program, Nursing Department, Poltekkes Kemenkes Malang. Supervisor Taufan Arif, S. Kep., Ns., M. Kep.

Background: Subdural hematoma is one of the comorbidities that often occurs in cases of head injury. Subdural hematoma is a life-threatening condition that must be treated immediately and intensively to prevent complications and reduce mortality. The purpose of this study was to provide nursing care for acute pain with foot massage and mindfulness-based stress reduction interventions in post-craniotomy surgery patients with SDH diagnosis. **Method:** This scientific paper uses a descriptive research design with a case study approach. The descriptive research design in the form of a case study of nursing care includes nursing assessment, nursing diagnosis, nursing intervention, nursing implementation, and nursing evaluation. Nursing care was carried out from 1-3 August 2024 in the Teratai Room of RST dr. Soepraoen Malang. **Results:** The interventions carried out on post-craniotomy surgery patients with a medical diagnosis of SDH were foot massage relaxation techniques and mindfulness-based stress reduction. Foot massage was performed once a day with a duration of ± 20 minutes (± 10 minutes on each foot), while mindfulness-based stress reduction was performed once a day with a duration of ± 15 minutes. Foot massage relaxation techniques and mindfulness-based stress reduction can reduce pain intensity. **Conclusion:** After being given foot massage and mindfulness-based stress reduction interventions for 3 days, pain complaints decreased from a scale of 5 use Numeric Rating Scale to a scale of 1 use Numeric Rating Scale.

Keywords: subdural hematoma, craniotomy, foot massage, mindfulness-based stress reduction