

APPLICATION OF SLOW STROKE BACK MASSAGE TO OVERCOME THE
PROBLEM OF DECREASE IN CARDIAC OUTPUT WITH A DIAGNOSIS ST
ELEVATION MYOCARDIAL INFARCTION IN THE EMERGENCY ROOM
OF MARDI WALUYO BLITAR HOSPITAL

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ABSTRACT

ST Elevation Myocardial Infarction (STEMI) is a disease that contributes around 14.38% of the total causes of death in Indonesia in 2023 which can result in decreased cardiac output. The role of nurses in handling decreased cardiac output can also support medical therapy such as providing complementary therapy, namely Slow Stroke Back Massage (SSBM) which aims to reduce the triggering factors for decreased cardiac output, namely patient tension and anxiety. The research method used is a case study, with a nursing care approach to patients. The subject of this study was Mrs. M, 56 years old with a medical diagnosis of STEMI. Data were obtained through interviews, observations and physical examinations, as well as documentation studies in the Emergency Room of Mardi Waluyo Hospital, Blitar on September 9, 2024. The results of the study that had been conducted for 44 minutes, with SSBM intervention once in a duration of 10 minutes, could reduce chest pain from a scale of 6 to 4, pulse improved from 110x/minute to 104x/minute, and blood pressure improved from 191/81 mmHg to 141/81 mmHg. The implementation of SSBM intervention has proven effective as a supportive therapy for medical therapy in overcoming the problem of decreased cardiac output in patients with a medical diagnosis of STEMI. This therapy also creates a therapeutic relationship between patients and nurses.

Keyword: SSBM, Decreased Cardiac Output, STEMI