

***CHANGES IN PAIN LEVELS IN POSTOPERATIVE MASTECTOMY
PATIENTS AFTER BEING GIVEN ACTIVE ROM (RANGE OF MOTION)
INTERVENTION AT IHC LAVALETTE HOSPITAL MALANG***

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ABSTRACT

The most common breast cancer in women and often treated with mastectomy causes postoperative pain due to muscle damage such as the pectoralis major, subklavikula and serratus anterior, which causes limitation of shoulder motion and decreased blood flow to the wound area, slowing the healing process and reducing the patient's quality of life. This study uses a case study with an active Shoulder Range of Motion (ROM) exercise intervention, including flexion, extension, abduction, adduction, and rotation, in post mastectomy patients. Exercises were performed starting 6 hours postoperatively and continued twice a day for 5-10 minutes. The active ROM exercise intervention showed a decrease in pain from a scale of 6 to 3 as well as an increase in movement ability and patient comfort. Active ROM exercises increase blood flow to the wound area, so that oxygen and nutrients are delivered more optimally. This accelerates the release of inflammatory substances such as histamine, bradykinin and prostaglandins, which play a role in reducing inflammation and pain. The reduction of inflammation also reduces muscle stiffness, accelerates tissue healing, and improves function and the final result is a decrease in pain in post-mastectomy patients.

Keywords: Ca mammae post mastectomy, Acute Pain, Range of Motion