

*COLD COMPRESS INTERVENTION USING ICE GEL PACK IN  
ACUTE PAIN MANAGEMENT OF POST-ORIF CLOSED DISTAL  
RADIUS FRACTURE PATIENTS AT AT RSUD NGUDI WALUYO  
BLITAR DISTRICT*

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***ABSTRACT***

*Distal radius fractures are one type of fracture that often occurs due to trauma, such as traffic accidents, trauma or physical stress that exceeds the ability of the bone to withstand it. Patients post open reduction internal fixation (ORIF) surgery generally experience acute pain in response to post-surgical tissue damage. Pain that is not treated optimally can cause discomfort, activity interference, and the risk of developing chronic pain. Pain management can be done pharmacologically and non-pharmacologically. One nonpharmacological method that is effective and easy to apply is cold compress therapy using ice gel packs. This study used a case study design on ORIF postoperative patients with distal radius fractures at Ngudi Waluyo Hospital, Blitar Regency. Intervention in the form of applying cold compresses of ice gel packs was carried out for three consecutive days. The evaluation results showed a decrease in pain intensity from a scale of 5 to 2, as well as a reduction in grimacing expressions and protective attitudes. These findings indicate that ice gel pack cold compress therapy is effective in reducing acute postoperative pain and can be part of nursing practice that is independent, safe, and economical. This therapy also encourages patient empowerment in pain management, thereby improving postoperative comfort and quality of life.*

***Keywords:*** Fracture, acute pain, ice gel pack, cold compress, ORIF.