

ABSTRACT

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Effect of Pain Management Education on Anxiety Levels In Pre-Operation Patients In RK Charitas Hospital Palembang

ESSAY

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Background: Surgery is a healing process by opening one part of the body. Anxiety often appears in patients who will be surgery. The anxiety can be caused by various things, one example is the patient's anxiety to the pain that will occur post-surgery. Therefore, it is necessary to educate pain management in pre-operative patients to be more mentally prepared in facing the operation.

Objective: To know the correlation between management education of pain to anxiety level in patient of pre operation at RK Charitas Palembang Hospital.

Method: This research uses Quantitative Pre Experiment method with One Group Pretest-Posttest approach. Number of sample is 32 respondent, with method of Total Sampling. The statistical test used is Kendall Tau test.

Results: Anxiety level of preoperative patients before and after given pain management education decreased, 3 respondents experienced anxiety level change from mild anxiety decreased to no anxiety, 3 respondents from anxious being to not anxious, 11 respondents from anxious being to the minor anxiety, 7 respondents from Severe anxiety to the mild anxiety, 6 respondents from anxious weight to medium anxiety, and 1 respondent who remain anxiously being so as well as 1 respondent who still experience severe anxiety. With these results stated that there is a relationship between the level of anxiety before after giving the management of pain management to pre-operative patients at RK Charitas Palembang Hospital, with p value 0.001 or <0.05.

Suggestion: Educational management of deep breathing relaxation techniques can be a useful operational standard for lowering anxiety levels in preoperative patients and can be performed with other pain management techniques.

Bibliography: 2008 - 2017