

ABSTRACT

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Differences in Pain Levels Post-Cataract Surgery Patients Before and After Lavender Aromatherapy Intervention at a Specialized Eyes Hospital of South Sumatra.

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Keywords: Lavender Aromatherapy, Pain Post-Surgery, Cataract
(VIII + 84 pages + 8 tables + 3 charts + 11 attachments)

Background: Cataracts are opacities in the lens of the eye as a result of the fluid accumulating in the eye lens fibres. According to the World Health Organisation (WHO) shows the total number of patients experiencing weakness of vision is 80% over 50 years. Cataracts need manual operation or phacoemulsification, cataract patients often complain of pain after surgery. Lavender aromatherapy is one type of therapy is able to reduce the level of pain with non-pharmacological approaches.

Aim: This study was to determine the differences in pain levels post-cataract surgery patients before and after lavender aromatherapy intervention at a specialized eyes hospital of south sumatra.

Methods: This study used pre-experimental design with one group pre-post test. A sample is 36 respondents taken by purposive sampling and analysis of data with the Wilcoxon test.

Results: Statistical test results showed that prior to before lavender aromatherapy intervention the value of median pain is 3 and after lavender aromatherapy intervention the value of median pain is 2. Results Wilcoxon signed ranks test, i.e. $Z = -3402$ and $p \text{ value} = 0.001$.

Conclusion: There are differences in the intensity of pain post-cataract surgery after intervention of lavender aromatherapy. Nurses have a role in overcoming the pain with lavender aromatherapy.

Bibliography: 25 (2002-2016)