

## **BAB VI**

### **SIMPULAN DAN SARAN**

#### **6.1 Simpulan**

Berdasarkan hasil penelitian tentang pengaruh teknik relaksasi *foot massage* terhadap penurunan tingkat nyeri pada pasien dengan ventilator di RSUD Cengkareng dapat ditarik simpulan sebagai berikut:

- 6.1.1 Ada perbedaan tingkat nyeri pre test P value 0,001 dan post test 0,007 pada kelompok intervensi pada pasien dengan ventilator di ruang ICU RSUD Cengkareng.
- 6.1.2 Tidak ada perbedaan tingkat nyeri pre test dan post test pada kelompok kontrol pada pasien dengan ventilator di ruang ICU RSUD Cengkareng.
- 6.1.3 Tidak ada perbedaan tingkat nyeri sebelum *foot massage* pada kelompok intervensi dan pemberian analgesik pada kelompok kontrol pada pasien dengan ventilator di ruang ICU RSUD Cengkareng.
- 6.1.4 Ada perbedaan tingkat nyeri sesudah *foot massage* pada kelompok intervensi dan pemberian analgesik pada kelompok kontrol pada pasien dengan ventilator di ruang ICU RSUD Cengkareng, dengan P value 0,000.
- 6.1.6 Tidak ada pengaruh usia terhadap penurunan tingkat nyeri pada pasien dengan ventilator di ruang ICU RSUD Cengkareng
- 6.1.7 Tidak ada pengaruh jenis kelamin terhadap penurunan tingkat nyeri pada pasien dengan ventilator di ruang ICU RSUD Cengkareng
- 6.1.8 Ada pengaruh penghisapan lendir terhadap penurunan tingkat nyeri pada pasien dengan ventilator di ruang ICU RSUD Cengkareng, dengan P value 0,003
- 6.1.9 Ada pengaruh perubahan posisi tubuh terhadap penurunan tingkat nyeri pada dengan ventilator di ruang ICU RSUD Cengkareng, dengan P value 0,008
- 6.1.10 Ada pengaruh secara simultan, dimana dilakukan tindakan *foot massage* sebanyak 15 kali pada tindakan penghisapan lendir secara

simultan, maka didapatkan penurunan nyeri sebanyak 0,745 dengan nilai p-value 0,025.

## **6.2 Saran**

### **6.2.1 Bagi Pelayanan Keperawatan**

Diharapkan bagi perawat dalam memberikan pelayanan keperawatan di ruang ICU mampu memberikan asuhan keperawatan mulai dari pengkajian nyeri, menetapkan diagnosis keperawatan, membuat intervensi, melakukan implementasi dan evaluasi dalam manajemen nyeri terhadap pasien yang terpasang ventilator. Memberikan terapi komplementer salah satu adalah dengan memberikan *foot massage* dapat dikombinasi dengan pemberian terapi farmakologi, sehingga pasien mendapatkan kenyamanan selama dirawat di ICU dengan menggunakan ventilator. Perawat mampu menerapkan teori keperawatan kolcaba untuk meningkatkan kenyamanan pasien selama dirawat.

### **6.2.2 Bagi Pengembangan Penelitian**

Terhadap penelitian *foot massage* selanjutnya diharapkan dapat melakukan penelitian lebih mendalam terkait penurunan nyeri terhadap pasien dengan memakai ventilator karena *foot massage* dapat menurunkan tingkat nyeri pada pasien.

## DAFTAR PUSTAKA

- Afianti, N., & Mardhiyah, A. (2017). Pengaruh *Foot Massage* terhadap Kualitas Tidur Pasien di Ruang ICU. *Jurnal Keperawatan Padjadjaran*, 5(1). <https://doi.org/10.24198/jkp.v5i1.353>
- Aktas MSc, PhDc, S., & Yilmaz PhD, M. (2020). Determination of Procedural Pain Intensity: Adult Intensive Care Unit Survey. *International Journal of Caring Sciences*, 13(1), 497–506. <https://bd.univalle.edu.co/scholarly-journals/determination-procedural-pain-intensity-adult/docview/2410490987/se-2?accountid=174776>
- Alameri, R., Dean, G., Castner, J., Volpe, E., Elghoneimy, Y., & Jungquist, C. (2020a). *Efficacy of Precise Foot Massage Therapy on Pain and Anxiety Following Cardiac Surgery: Pilot Study*. *Pain Management Nursing*, 21(4), 314–322. <https://doi.org/10.1016/j.pmn.2019.09.005>
- Alameri, R., Dean, G., Castner, J., Volpe, E., Elghoneimy, Y., & Jungquist, C. (2020b). *Efficacy of Precise Foot Massage Therapy on Pain and Anxiety Following Cardiac Surgery: Pilot Study*. *Pain Management Nursing*, 21(4), 314–322. <https://doi.org/10.1016/j.pmn.2019.09.005>
- Arroyo-Novoa, C. M., Figueroa-Ramos, M. I., Puntillo, K. A., & Gélinas, C. (2020). Translation into Spanish and cultural adaptation of the critical-care pain observation tool. *American Journal of Critical Care*, 29(3), 226–232. <https://doi.org/10.4037/ajcc2020763>
- Berman Audrey. et al., (2016). *Fundamentals Of Nursing Kozier & Erb's Concepts, Process, and Practice*. Tenth Edition by Pearson Education. Inc
- Byma, E. A., & Wheeler, H. (2021). The Experience of New Graduate Registered Nurses as Managers of Pain. *Pain Management Nursing*, 22(3), 429–435. <https://doi.org/10.1016/j.pmn.2020.12.001>
- Cho, Y., & Hong, G. R. S. (2021). Behavioral and Physiological Pain Responses in Brain-Injured Patients Who Are Unable to Communicate in the Intensive Care Unit. *Pain Management Nursing*, 22(1), 80–85. <https://doi.org/10.1016/j.pmn.2020.08.006>
- Dale, C. M., Carbone, S., Gonzalez, A. L., Nguyen, K., Moore, J., & Rose, L. (2020). Recall of pain and discomfort during oral procedures experienced by intubated critically ill patients in the intensive care unit: A qualitative elicitation study. *Canadian Journal of Pain*, 4(3), 19–28. <https://doi.org/10.1080/24740527.2020.1732809>
- Damico, V., Cazzaniga, F., Murano, L., Ciceri, R., Nattino, G., & Dal Molin, A. (2018). Impact of a Clinical Therapeutic Intervention on Pain Assessment, Management, and Nursing Practices in an Intensive Care Unit: A before-and-after Study. *Pain Management Nursing*, 19(3), 256–266. <https://doi.org/10.1016/j.pmn.2018.01.007>
- Daud, I., & Sari, R. N. (2020). Pengaruh Terapi Pijat Kaki Terhadap Status Hemodinamik

- pada Pasien Terpasang Ventilator di Intensive Care Unit (ICU) RSUD Ulin Banjarmasin. *Journal of Nursing Intervention*, 1(1), 56–64.
- Gomarverdi, S., Sedighie, L., Seifrabiei, M., & Nikooseresht, M. (2019). Comparison of two pain scales: Behavioral pain scale and critical-care pain observation tool during invasive and noninvasive procedures in intensive care unit-admitted patients. *Iranian Journal of Nursing and Midwifery Research*, 24(2), 151–155. [https://doi.org/10.4103/ijnmr.IJNMR\\_47\\_18](https://doi.org/10.4103/ijnmr.IJNMR_47_18)
- Harianja, J. V., & Astrid, M. (2020). Faktor-faktor yang berhubungan dengan Pelaksanaan Suction Endotracheal Tube di Ruang Intensive Care unit. *Jurnal Kesehatan STIKES Telogorejo*, 12(1), 20–25.
- Harorani, M., Garshasbi, M., Sediqi, M., Farahani, Z., Habibi, D., Farahani, M., Amini, N., & Velashjerdi, Z. (2021). The effect of Shiatsu *massage* on agitation in mechanically ventilated patients: A randomized controlled trial. *Heart and Lung*, 50(6), 893–897. <https://doi.org/10.1016/j.hrtlng.2021.07.013>
- Hartatik, S., & Sari, R. P. (2021). Efektivitas Terapi Pijat Kaki. *Nusantara Hasana Journal*, 1(1), 26–36.
- Hidayat Arif Imam dkk. (2020). Gambaran Respon pasien Terhadap Pemasangan Ventilator Mekanik di ICU RSUD Prof Margono Soekarjo. *Jurnal of Bionursing*
- Idris, D. N. T., Kurnia, E., & Napitu, A. A. (2021). Pain assessment using cpot to patients with ventilator. *European Journal of Molecular and Clinical Medicine*, 8(2), 1295–1306. <https://www.embase.com/search/results?subaction=viewrecord&id=L2011094408&from=export>
- Ito, Y., Teruya, K., & Nakajima, E. (2022a). Evaluation of pain severity in critically ill patients on mechanical ventilation. *Intensive and Critical Care Nursing*, 68. <https://doi.org/10.1016/j.iccn.2021.103118>
- Ito, Y., Teruya, K., & Nakajima, E. (2022b). Evaluation of pain severity in critically ill patients on mechanical ventilation. *Intensive and Critical Care Nursing*, 68, 103118. <https://doi.org/10.1016/j.iccn.2021.103118>
- Jalali Amir et all., 2022. Pengaruh Posisi Tubuh yang Berbeda pada Tekanan Manset Tabung Endotrakeal pada Pasien dengan Ventilasi Mekanik. *JCS*. doi: 10.34172/jcs.2022.03
- Kemenkes RI. (2019). Peraturan Menteri Kesehatan Republik Indonesia Nomor 26 Tahun 2019
- Kemenkes RI. (2012). Pedoman Teknis Ruang Perawatan Intensif Rumah Sakit. Jakarta
- Kemp, H. I., Bantel, C., Gordon, F., Brett, S. J., Laycock, H. C., Bampoe, S., Bantel, C., Gooneratne, M., Highton, D., Hopkins, P., Johnston, C., Odor, P., Kemp, H., Laycock, H., Martin, D., O'Carroll, J., Phillips, S., Visram, A., Siddique, O., ... Mahgoub, S. (2017). Pain Assessment in INTensive care (PAINT): an observational study of

- physician-documented pain assessment in 45 intensive care units in the United Kingdom. *Anaesthesia*, 72(6), 737–748. <https://doi.org/10.1111/anae.13786>
- Kia, Z., Allahbakhshian, M., Ilkhani, M., Nasiri, M., & Allahbakhshian, A. (2021). Nurses' use of non-pharmacological pain management methods in intensive care units: A descriptive cross-sectional study. *Complementary Therapies in Medicine*, 58(February), 0–4. <https://doi.org/10.1016/j.ctim.2021.102705>
- Kukimoto, Y., Ooe, N., & Ideguchi, N. (2017). The Effects of *Massage* Therapy on Pain and Anxiety after Surgery: A Systematic Review and Meta-Analysis. *Pain Management Nursing*, 18(6), 378–390. <https://doi.org/10.1016/j.pmn.2017.09.001>
- Lin, L. Y., Hung, T. C., & Lai, Y. H. (2021). Pain control and related factors in hospitalized patients. *Medicine*, 100(30), e26768. <https://doi.org/10.1097/MD.00000000000026768>
- Lindquist, R. (2018). *Complementary and Alternative Therapies in Nursing* (Eighth). Springer Publishing Company, LLC.
- Momeni, M., Arab, M., Dehghan, M., & Ahmadinejad, M. (2020a). The Effect of Foot Massage on Pain of the Intensive Care Patients: A Parallel Randomized Single-Blind Controlled Trial. *Evidence-Based Complementary and Alternative Medicine*, 2020. <https://doi.org/10.1155/2020/3450853>
- Momeni, M., Arab, M., Dehghan, M., & Ahmadinejad, M. (2020b). The Effect of Foot Massage on Pain of the Intensive Care Patients: A Parallel Randomized Single-Blind Controlled Trial. *Evidence-Based Complementary and Alternative Medicine*, 2020. <https://doi.org/10.1155/2020/3450853>
- Morton, P. G. (2018). *Critical care nursing: a holistic approach* (Vol. 148).
- Olsen, B. F., Rustøen, T., & Valeberg, B. T. (2020). Nurse's Evaluation of a Pain Management Algorithm in Intensive Care Units. *Pain Management Nursing*, 21(6), 543–548. <https://doi.org/10.1016/j.pmn.2020.05.006>
- Olsen, B. F., Valeberg, B. T., Jacobsen, M., Småstuen, M. C., Puntillo, K., & Rustøen, T. (2021). Pain in intensive care unit patients—A longitudinal study. *Nursing Open*, 8(1), 224–231. <https://doi.org/10.1002/nop2.621>
- Oshvandi, K., Veladati, Z., Mahmoodi, M., Rahimi Bashar, F., & Azizi, A. (2020). Effects of Foot Massage on Pain Severity during Change Position in Critically Ill Trauma Patients; A Randomized Clinical Trial. *Bulletin of Emergency and Trauma*, 8(3), 156–162. <https://doi.org/10.30476/BEAT.2020.86094>
- Rustam, J. S., Kongsuwan, W., & Kitrungrrote, L. (2021). Effects of nursing comfort care integrating with the daily islamic rituals on comfort among mechanically ventilated muslim patients: A randomized clinical trial. *Nursing Practice Today*, 8(4), 322–332. <https://doi.org/10.18502/NPT.V8I4.6708>
- Shahiri, T. S., Richard-Lalonde, M., Richebé, P., & Gélinas, C. (2020). Exploration of the Nociception Level (NOL<sup>TM</sup>) Index for Pain Assessment during Endotracheal Suctioning

- in Mechanically Ventilated Patients in the Intensive Care Unit: An Observational and Feasibility Study. *Pain Management Nursing*, 21(5), 428–434. <https://doi.org/10.1016/j.pmn.2020.02.067>
- Sitzaman, K., & Eichelberger, L. (2017). *Understand the work of Nurse Theorist a Creative Beginning*. <https://dokumen.pub/understanding-the-work-of-nurse-theorists-3rdnbsped-9781284091502.html>
- Suparman Rustam, J., Kongsuwan, W., & Kitrungrrote, L. (2018). Comfort in Patients Receiving Mechanical Ventilation: A Literature. *Journal of Critical Care Nursing*, 11(2), 1–7. <http://jccnursing.com/article-1-415-en.html>
- Thikom, N., Thongsri, R., Wongcharoenkit, P., Khruamingmongkhon, P., & Wongtangman, K. (2021). Incidence of Inadequate Pain Treatment among Ventilated, Critically Ill Surgical Patients in a Thai Population. *Pain Management Nursing*, 22(3), 336–342. <https://doi.org/10.1016/j.pmn.2020.09.010>
- Waladani, B., Yuniar, I., Setianingsih, E., Rahmah, N. N., & Yunita, I. (2021). Application of Pain Scale Assessment in Patients Attached Mechanical Ventilator in Intensive Care Unit. *Proceedings of the 4th International Conference on Sustainable Innovation 2020–Health Science and Nursing (ICoSIHSN 2020)*, 33(ICoSIHSN 2020), 332–336. <https://doi.org/10.2991/ahsr.k.210115.070>
- Warren, C., Jaisankar, P., Saneski, E., Tenberg, A., & Scala, E. (2020). Understanding Barriers and Facilitators to Nonpharmacological Pain Management on Adult Inpatient Units. *Pain Management Nursing*, 21(6), 480–487. <https://doi.org/10.1016/j.pmn.2020.06.006>