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THE EFFECT OF GUIDED IMAGERY RELAXATION TOWARDS PAIN LEVEL OF POST-SURGICAL CAESAREAN SECTION PATIENTS IN GENERAL HOSPITAL MUHAMMADIYAH SITI AMINAH BUMIAYU, INDONESIA

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ABSTRACT

Background: Pain is one of the diagnostic study found in the post-surgical phases, including sectio caesaria. Sectio caesaria surgery causes tissue and cell damage that result in the release of painful substances such as bradykinin, lactic acid and prostaglandins. These substances cause nociceptor impulses and lower the pain threshold, causing the sensitivity of pain receptors. One of the interventions that can be done to relief the pain is through the use of guided imagery relaxation techniques. This method was one of the non-pharmacological treatments to lessen the pain by using words and positive imagination.

Aim: To compare the pain level of the patients with post operation of sectio caesaria, before and after guided imagery relaxation.

Methods: The research design was pre-experimental with one pre-test group of 30 patients. The population in this study were post-operative patients of sectio caesaria at Muhammadiyah General Hospital Siti Aminah Bumiayu, where in October 2014 the number of cure patients treated in the Marwah Room were 55 patients. The respondents' samples were taken from their surgical procedures of sectio caesaria. The sampling technique was purposive sampling.

Results: The result showed the difference in level of pain, whereas before guided imagery relaxation the patients had 100% of pain level, and after the treatment it decreased to 90 % of pain level. The analysis of Wilcoxon Signed Rank test of 95% CI ($\alpha=0,05$) yielded p-value $0,000 < \alpha (0,05)$. Verbal Descriptor Scale (VDS), the scale used in assessing pain, is the scale of intensity of descriptive pain. The assessment will be more accurate if the clients are able to precisely describe the perceived sensation. The nurse may also provide a glossary of terms to describe the pain to the clients.

Conclusion: Guided imagery relaxation had a significant effect towards the levels of post-operative sectio caesaria's pain. Nurses can apply guided imagery relaxation as an intervention and develop the related standard operational procedure (SOP) to ease the patients' pain problem.

Keywords: Pain, guided imagery relaxation, post-surgical sectio caesaria

INTRODUCTION

The delivery process opens up process and a thinning of the cervix, where the fetus and amniotic fluid is forced out through the birth canal. There are two ways of labor and childbirth paradoxical vaginal delivery. Vaginal delivery is also called normal parturition or spontaneous birth of a baby is the mother per vagina with force alone, without the aid of tools and generally lasts less than 24 hours. The method can be used in childbirth is normal delivery of conventional, normal delivery with the ILA (Labor intrathecal analgesia)

and water birth. Delivery of the per-abdominal is the birth of the fetus through an incision in the abdominal wall (laparotomy) and the uterine wall (hysterectomy) or often referred to as childbirth Sectio caesarian (Saifuddin, 2006). Pelargonium delivery is the birth of the fetus through an incision in the abdominal wall (laparotomy) and the wall of the uterus (hysterectomy) or often referred to childbirth caesarean section (1). Caesarean section surgery can cause pain and result in tissue continuity for their surgery. But after the operation is completed, when the patient began to realize the effects of anesthesia have been completely finished, the patient will feel pain in the area of the incision (2). The pain will lead to limited mobilization, Activity of Daily Living (ADL) is disturbed, bonding attachment (bond of affection) and Early Initiation of Breastfeeding (IMD) is not fulfilled due to an increase in the intensity of pain if the mother moves.

Guided imagery is a relaxation technique that is to reduce stress and increase feelings of calm and peace as well as a sedative for the difficult situation in life. Guided imagery is a technique for assessing the strength of mind while consciously or unconsciously to create the image that brings tranquility and stillness. The benefits of guided imagery generally comparable to other relaxation techniques that reduce pain, speed healing and help the body reduce various diseases like depression, allergies and asthma. One reason why guided imagery has to be done is because this type of relaxation can be done anytime and anywhere. Guided imagery can also be practiced alone, with the help of a coach or using videotape or audiotape media so it is easy to do (4).

Data World Health Organization (WHO) states that in developing countries in labor caesarean section about 10-15% of all labor. Total caesarean section in the world has risen sharply in the last 20 years. In Indonesia, there is an increased caesarean section from 47.22% in 2000, to 45-19% 2001, and 47.13% in 2002. The number of caesarean section in last few years also showed a steady rate at 46.87%, 53.22%, 51.59% and 53.68% in 2003-2006, respectively (5).

The results of a preliminary study conducted at the General Hospital Muhammadiyah Siti Aminah Bumiayu, showed that the number of patients caesarean section operation since August 2014 tends to increase from 27% in August to 33% in September and 39% in October. Among those, mild pain was reported among 13% of patient, whilst more than half (53%) reported moderate pain. About a third of women who underwent caesarean section complaint a severe pain. Based on these data, there is an increase in the percentage of section caesarean operations in the last 3 months, with the presentation of section caesarean post operative pain is a category of moderate pain. Pain management administered to the patient is always in pharmacology, in which patients were given analgesic drugs such as ketorolac. Non-pharmacological management of pain is not optimal by nurses and no SOP treatment of pain. Therefore, this study aims to examine how guided imagery relaxation may affect the pain level among postoperative section caesarean patients at the General Hospital Muhammadiyah Siti Aminah Bumiayu.

METHODS

This research uses the study of pre-experimental approach with pre-test and post-test group design (6). The population in this study was patients with post-surgery caesarean section on General Hospital Muhammadiyah Siti Aminah. Thirty sample was driven from the population by non probability sampling technique. The independent variable in this study was guided imagery relaxation techniques, whilst the dependent variable was the pain level. The patient's pain level was measure in VDS (Verbal Description Scale). This instrument is a series of numbers from 0 to 10, where the respondents were invited to mark the points scale that best represents the intensity of the pain. The study began on 12 January 2015 until 7 February 2015 at Muhammadiyah General Hospital Siti Aminah, or was held for 26 days.

RESULTS

The data used in this study were primary data obtained from the measurement and assessment of pain levels in post-operative patients sectio caesaria on the respondents before and after being treated with guided imagery relaxation.

Table 1. The level of pain the respondent before the relaxation guided imagery

No.	Pain Level	Amount (person)	Percent (%)
1.	No pain	0	0.0
2.	Mild pain	5	16.7
3.	Moderate pain	20	66.7
4.	Severe pain Controlled	5	16.7
5.	Severe pain Uncontrolled	0	0.0
Total		30	100

Table 1 shows that, prior the intervention, the vast majority of respondents' experienced severe pain. After the guided imagery relaxation was given, more than 80% reported a decreased in their pain level.

Table 2. Comparison of the respondents' level of pain before and after the relaxation *guided imagery*

Treatments		Before	After
Pain Level	No Pain	0.0	16.7
	Mild Pain	16.7	56.7
	Moderate Pain	66.7	26.7
	Severe pain (controlled)	16.7	0.0
	Uncontrolled severe pain	0.0	0.0
Total		100.0	100.0

Table 2 shows the changes in the proportion of respondents who reported pain before and after the intervention. After the relaxation technique, the proportion of respondents who reported moderate pain decreased from 66.7% to 26.7%, whilst respondents who experienced controlled severe pain sharply declined from 16.7% to none. Nevertheless, the proportion who reported mild pain was increased from 16.7% to 56.7% and those who reported no pain increased from 0% to 16.7%. Statistical analysis using Wilcoxon test shows a p-value of 0.000 which means there was a significant different of pain level among those who practice the guided imagery technique, compare to those who did not.

DISCUSSION

The results of the analysis Wilcoxon obtained p value = 0.000 which means that relaxation imagery guided can reduce pain in patients with postoperative caesarean section in the Hospital Muhammadiyah Siti Aminah Bumiayu. The results of this study suggest that the guided imagery relaxation techniques influence the level of post-operative pain in patients caesarean section. Effect of relaxation technique guided imagery to the level of postoperative pain in patients caesarean section can be seen from the immutability of some indicators of pain. Indicators in the form of physiological responses, cognitive and affective response. The changes are very noticeable other than a verbal response from the respondents are physiological changes that take place in the body of the respondents, respondents' blood pressure before and after the guided imagery relaxation.

Guided imagery is a relaxation technique that aims to reduce stress and increase feelings of peace and quiet as well as a sedative for the difficult situation in life. Guided imagery is a technique for evaluating the strength of mind while consciously or unconsciously to create the image that brings peace and tranquility (4). The benefits of guided imagery generally similar to the relaxation techniques that others are as reduce pain, speed healing and help the body reduce the range illnesses such as depression, allergies and asthma (9).

The success of these actions can be caused by several factors, including a complete description of the research on the relaxation benefits, along with the benefits and usefulness of relaxation guided imagery that can reduce the level of pain a person as well as a relaxation pose no life-threatening side effects believed to reduce the relaxation respondent. A person may change the perception of cognitive and affective motivation to perform relaxation. Guided imagery relaxation is a mental and physical freedom from tension and stress. Relaxation techniques give individuals control themselves when the discomfort or pain, physical and emotional stresses on pain. Relaxation techniques can be followed in the individual is healthy or sick (10). Guided Imagery is the type of relaxation that is done by creating a positive impression in the mind of the client and then concentrate on the impression, thus gradually perceived discomfort can be reduced. Guided imagery works to the body by influencing the affective and cognitive human. Guided imagery is a technique for assessing the strength of mind while consciously or unconsciously to create the image that brings peace and silence thus indirectly the process affects the autonomic nervous system in the human body (4). The process is as in contraction someone just by thinking good food, fresh drinks like, without planning to eat drink and unwittingly he drooled by itself (salivation). Saliva is released by the salivary glands do not always controlled by our consciousness. Salivation is controlled by a different part of the nervous system is the autonomic nervous system, when the central nervous system regulates the movement of the unconscious, the autonomic nervous system regulate salivation and psychological functions other usually goes unnoticed (9).

Guided imagery can provide a sense of empowerment or control on the individual. Self-empowerment through regular breath and deep, will increase enkephalin and β endorphin, in addition to the stimulation in the form of a shadow on things like patient will feel relaxed and reduce the pain. based on the description above, in particular nurses can handle a maternity nurse postoperative pain by assessing the patient's pain level prior to the VDS pain scale, then provides a complementary therapy guided imagery to reduce postoperative pain caesarean besides pharmacological therapy given by the doctor.

CONCLUSION

Based on the research and discussion about the influence of relaxation guided imagery to the level of pain in patients with postoperative caesarean section in General Hospital Muhammadiyah Siti Aminah Bumiayu. The results of this study suggest that the guided imagery relaxation techniques should be provided for postpartum women who underwent an operation to reduce their pain level.

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