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*Application of Hand Massage on Pain Scale in Postoperative Fracture Patients at Cibinong Hospital*

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#### **ABSTRACT**

**Background :** *Fractures or fractures are fractures or cracks in bones caused by trauma or physical force and occur when bones experience more pressure than they can handle. Nursing actions that can be taken to help reduce the pain scale are to provide hand massage relaxation techniques. Hand massage relaxation techniques are carried out to reduce pain so that it can prevent pain from getting worse. Objective :* *This study aims to determine the application of hand massage relaxation techniques to the pain scale in postoperative fracture patients at Cibinong Hospital. Methods :* *This research uses a case study with descriptive type. Sampling using observation sheets with a total of three respondents. Results:* *The results of this study are after performing hand massage relaxation techniques for 3 days with 1 meeting a day for 10-15 minutes, the results obtained in the three respondents decreased pain scale from moderate pain to mild pain. Conclusion :* *That hand massage relaxation techniques can reduce the pain scale in postoperative fracture patients.*

**Keywords :** *Fracture, Hand massage relaxation technique*

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