

## **APPLICATION OF FIVE-FINGER HYPNOSIS TO REDUCE PAIN IN POSTOPERATIVE PATIENTS WITH APPENDECTOMY**

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### **ABSTRACT**

Appendectomy is a treatment through a surgical procedure to remove or remove an infected appendix. The act of an appendectomy causes pain. Pain is caused by chemical mediator stimulation due to mechanical stimulation of the wound. Non-pharmacological measures taken to reduce pain, namely five-finger hypnosis is a form of self-hypnosis that can provide a high relaxation effect. According to medical record data from Sleman Hospital in 2023, the number of patients undergoing appendectomy surgery is 202 cases. Objective: To describe how the application of five-finger hypnosis to reduce pain in post-operative appendectomy patients. Method: Using a descriptive method where this method obtains a systematic and accurate description of real events with a nursing application approach. Results: After five-finger hypnosis therapy for 3 consecutive days with a frequency of 2 times a day within 15 minutes, the pain scale of 6 (moderate pain) decreased to 1 (mild pain). Conclusion: Five-finger hypnosis therapy is effective in reducing pain in postoperative patients with appendectomy from moderate to mild scale.

Keywords: appendectomy; five finger hypnosis; pain

### **INTRODUCTION**

Acute appendicitis is one of the most common diseases in surgical practice. It can be simple or complex. Uncomplicated appendicitis accompanied by inflammation and edema in the appendix with or without periappendicinal or pericecal fluid (Gusain et al., 2024). One of the management of patients with appendicitis is surgery. The surgery that is often performed in people with appendicitis is an appendectomy. A medical appendix is a surgical procedure to remove or remove an infected appendix. This action is carried out to further lower perforation (Wafa et al., 2021). The World Health Organization (WHO) stated that the mortality rate due to appendicitis is 21,000 people, the male population is more than women. The mortality rate of appendicitis is around 12,000 people in men and around 10,000 people in women. In the United States, there are 70,000 cases of appendicitis every year. The incidence of appendicitis in America has an incidence of 1-2 cases per 10,000 children per year. The incidence increased by 25 cases per 10,000 per year between 10-17 years in the United States, WHO quoted in (Alhogbi et al., 2018). Cases of appendectomy surgery in Indonesia according to data released by the Indonesian Ministry of Health amounted to 596,132 people with a percentage of 3.36% and increased to 621,435 people with a percentage of 3.53% (Alifah & Ahmad, 2023).

After undergoing appendectomy surgery, the client will feel pain. Pain is a condition of unpleasant feelings that are subjective because the pain felt in each individual is different in terms of scale, increase and how to express it, only that person can explain or evaluate the pain experienced (Sutrisna et al., 2024). Acute pain after surgery occurs due to cutting or stretching of tissues that result in trauma and inflammation of the surrounding tissues. Until it causes a nociceptive stimulus that stimulates nociceptives so that it causes pain (Punjastuti & Ramadhan, 2022). Postoperative pain is caused by the stimulation of chemical pain mediators due to mechanical stimuli to the

wound. Acute pain caused by surgical procedures is the most common consequence of a client after undergoing a surgical procedure. 80% of patients experience acute pain after surgery, and 86% of these patients experience moderate to severe pain (Natsir et al., 2023). Pain can be felt in intra-abdominal surgery, intra-thorax and major orthopedics. Causes suppression of muscle spasms or edema. Resulting in trauma of skin fibers so that sharp pain arises. Pain, if not treated appropriately, has harmful effects beyond discomfort, namely it can affect the pulmonary, cardiovascular, gastrointestinal, endocrine and immunological systems so that further treatment is needed both pharmacological and non-pharmacological methods (Sulung & Rani, 2017). Pharmacological treatment procedures are carried out by administering painkillers or analgesics. However, sometimes long-term use of the drug can cause side effects. As for other options, non-pharmacological therapies that can be done to relieve pain, such as deep breath relaxation techniques, massage, compresses, music therapy, murottal therapy, distraction techniques and guided imagination, hypnosis (Amalia et al., 2024).

When patients are unable to adapt to the pain felt when the effects of analgetics have disappeared, non-pharmacological therapy is needed, one of which is five-finger hypnosis therapy (Harisandy, 2023). Five-finger hypnosis is a therapy carried out by the client himself self hypnosis in which the client will distract from the mind by touching his own fingers while imagining something pleasant or a favorite thing (Halim & Khayati, 2020). Based on the results of research conducted (Adiningtya, 2023) said that five-finger hypnosis can be used to reduce pain from scale 6 to scale 3 which is carried out 2 times in 10-15 minutes. This is also supported by research (Fatimah et al., 2023) which states that the administration of five-finger hypnosis therapy can reduce pain in postoperative patients from a scale of 8 to a scale of 4 given within 10 minutes for 3 consecutive days. Other research according to (Wasita & Peristiowati, 2023) that five-finger hypnosis therapy carried out for 3 consecutive days with a time of 15-30 minutes can reduce pain from a scale of 5 to a scale of 1.

## **METHOD**

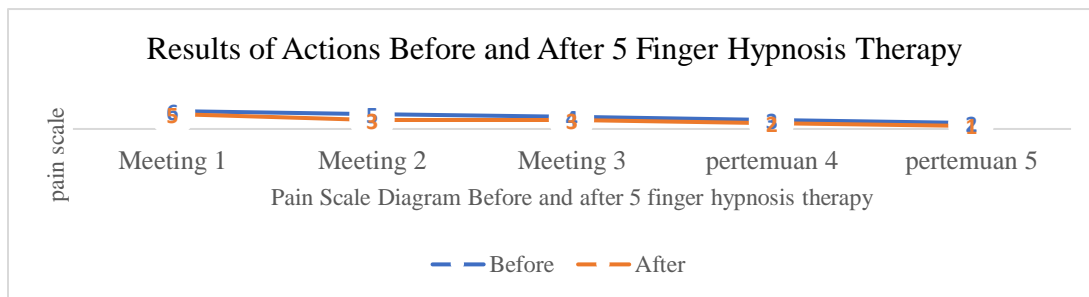
The method used is a descriptive method to obtain an overview by observing and analyzing accurate data with a focus on applying five-finger hypnosis therapy to postoperative patients who experience pain. This study used one respondent by meet the inclusion criteria, namely patients who experienced postoperative pain on day 0 with a pain scale of 4-6 (moderate pain). The five-finger hypnosis intervention is carried out twice a day, morning and night for 3 consecutive days with each 1 intervention lasting 15 minutes and is given in accordance with standard operating procedures consisting of pre-interaction stages, orientation, work stages and evaluations. After that, the pain scale measurement was carried out for each administration of five-finger hypnosis therapy using a numeric rating scale. Then the results of this study are analyzed using the facts obtained after that compared to using existing theories and poured into the discussion opinions in the form of text with supporting facts and presented in the form of narratives, tables and graphs.

## **RESULT AND DISCUSSION**

The description of the location was carried out in the Cempaka 2 ward of Sleman Hospital. The characteristics of the respondent were Mrs. A, who was 43 years old, a female with a diagnosis of appendicitis. After the action of administering five-finger hypnosis therapy with a frequency of 2 times a day for 3 consecutive days with a duration of 15 minutes, the results were obtained that the pain level decreased from a moderate scale to a mild scale with the following results:

Table 1.  
 Before and after administration of analgetics and five-finger hypnosis therapy

No	Day/ Date	Hour	Before and after the administration of analgetics				Hour	Before and after the administration of five-finger hypnosis therapy				Result
			Before and after					Before and after				
1	Tuesday March 12 2024	10.30 AM	8	Heavy	6	Keep	16.30 PM	6	Keep	5	Keep	Declining (1)
2	Wednesday March 13 2024	05.00 AM	6	Keep	5	Keep	11.00 AM	5	Keep	3	Light	Declining (2)
		13.00 PM	4	Keep	4	Keep	19.30 PM	4	Keep	3	Light	Declining (1)
3	Thursday, March 14 2024	05.00 AM	4	Keep	3	Light	11.00 AM	3	Light	2	Light	Declining (1)
		13.00 PM	2	Light	2	Light	19.30 PM	2	Light	1	Light	Declining (1)



Graph 1. Results of five-finger hypnosis

On the first day, an assessment was carried out by means of interviews and obesity to patients and by looking at the patient's response and then measuring the pain scale using the Numeric Rating Scale (NRS), it was obtained that the pain scale of 6 (moderate pain) was given five-finger hypnosis therapy for 15 minutes. After implementation, the patient's pain level was reassessed and the pain scale decreased to a scale of 5 (moderate pain). On the first day, patients can only be given five-finger hypnosis therapy once because they previously underwent appendectomy surgery and can only be given five-finger hypnosis therapy in the afternoon. On the second day before being given five-finger hypnosis therapy, a pain scale measurement was carried out using the Numeric Rating Scale (NRS), a pain scale of 5 (moderate pain) was obtained, five-finger hypnosis therapy was given for 15 minutes. After implementation, the patient's pain level was reassessed and the pain scale decreased to a scale of 4 (average pain). After that, the second five-finger hypnosis therapy was carried out, before the five-finger hypnosis therapy was carried out, the pain scale measurement was obtained, the result of the pain scale was 4 (moderate pain), then the implementation was carried out for 15 minutes, then it was re-assessed and the result of the pain scale decreased to a scale of 3 (mild pain). On the third day before being given five-finger hypnosis therapy, a pain scale measurement was carried out using the Numeric Rating Scale (NRS), a pain scale of 3 (mild pain) was obtained, five-finger hypnosis therapy was given for 15 minutes. After implementation, the patient's pain level was reassessed and the pain scale decreased to scale 2 (mild pain). After that, five-finger hypnosis therapy was carried out, the second before the five-finger hypnosis therapy was carried out, a pain scale measurement was carried out, a pain scale result of 2 (mild pain) was obtained, then implementation was carried out for 15 minutes, then re-assessed and the result of the pain scale decreased to a scale of 1 (mild pain).

Appendectomy is a surgery performed to remove an inflamed appendix and is the best treatment for patients with appendicitis (Slahaan et al., 2021). Post-incision surgery (tissue cutting) will experience pain of varying degrees due to tissue damage due to the surgical procedure. Almost 80% of postoperative patients experience acute pain complaints after the effects of anesthetic drugs disappear (Wati & Ernawati, 2020). Pain or pain is the most common response felt by individuals after undergoing a surgical procedure. It is also a personal experience, each person expresses it differently and the pain includes disturbing personal discomfort. Pain is in the human digestive system and is an individual experience that takes place (Natsir et al., 2023). One of the therapies recommended to reduce postoperative pain for postoperative patients is the five-finger hypnosis non-pharmacological method. Five-finger hypnosis is a type of self-hypnosis that can cause a high relaxation effect, so it will reduce pain and stress. Five-finger hypnosis will experience relaxation so that it affects the body system and creates a sense of comfort and a feeling of calm (Natsir et al., 2023). Five-finger hypnosis therapy is carried out by the patient himself, self-hypnosis by touching the five fingers of the hand alternately, given by asking the client to close his eyes and take a deep breath. Then the patient is encouraged to relax emptying the mind to change the perception of anxiety, pain, stress, tension and fear by receiving suggestions on the verge of subconsciously or in a relaxed state by moving his fingers according to commands and starting the patient to fill the mind with a pleasant imagination (Aminah, 2023).

After five-finger hypnosis therapy, there was a decrease in pain in Mrs. A within approximately 15 minutes for 3 consecutive days with a frequency of 2 times a day. Before the administration of five-finger hypnosis therapy, the patient said that the pain was like being cut in the lower right abdomen on the right side of the surgical wound. The patient seemed to be restless because he felt pain, as evidenced by the patient experiencing an increase in blood pressure of 137/88 mmHg. The pain scale in Mrs. A before the five-finger hypnosis therapy was 6 (moderate pain) and after the five-finger hypnosis therapy decreased to a scale of 1 (mild pain). This is in line with research conducted by (Mulyatun, 2021) which obtained results of a decrease in pain intensity after five-finger hypnosis therapy which showed a decrease in the pain scale from 6 (moderate pain) to a pain scale of 2 (mild pain) which was carried out for 3 consecutive days. The results of the study (Apriyadi, 2022) stated that five-finger hypnosis was more effective when given 2 times in the morning and at night before the patient went to bed. In addition, the results of a study conducted by (Ningrum, 2020) confirmed that postoperative patients with a moderate pain scale after five-finger hypnosis therapy experienced a decrease to a mild pain scale. This therapy is carried out for 3 days with a duration of 10-15 minutes. The results of the study (Gea et al., 2019) also stated that five-finger hypnosis focuses on speeding up the healing process and becomes more effective given an hour and a half before the administration of analgesics. Five-finger hypnosis therapy can reduce the intensity of pain because it is given in a relaxed state, then concentrate the mind created while touching five fingers in a row by imagining pleasant memories so that it can increase spirits, cause peace in the heart and reduce tension. This therapy affects the production of endorphins which can cause a feeling of pleasure in a person which is able to improve a person's psychological status to control the pain felt.

## **CONCLUSION**

It was concluded that there was a decrease in pain in postoperative patients with appendectomy after five-finger hypnosis therapy for 3 consecutive days with a frequency of 2 times a day and a duration of 10-15 minutes with pain outcomes decreasing from scale 6 (moderate pain) to scale 1

(mild pain). Five-finger hypnosis therapy is a therapy that can be done by the patient himself (self hypnosis) for relaxation, accelerating healing, improving mental function and increasing a sense of well-being. After doing five-finger hypnosis therapy, patients feel more relaxed, comfortable, less pain and calm.

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