

IMPLEMENTATION OF SLOW STROKE BACK MASSAGE THERAPY WITH LAVENDER OIL IN PATIENTS WITH CERVICAL CANCER PAIN

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ABSTRACT

Cervical cancer is a malignant tumor that grows in the cervix caused by infection with the HPV virus. The nursing problem felt by cervical cancer patients is pain. Pain can be reduced by pharmacological management with analgesics and non-pharmacological management with SSBM with Lavender Oil. SSBM with lavender oil can reduce pain, is easy to do, doesn't require a lot of money, and can be done anywhere. Medical records of Dr. RSUP. Sardjito in 2023, there will be 22 patients with cervical cancer. Objective to find out the difference in pain scale before and after implementing SSBM with Lavender Oil in Cervical Cancer Pain Patients in the Bougainvillea Room 1, RSUP Dr. Sardjito Yogyakarta. Method: The research used was descriptive with a case study approach. Conducted on 1 respondent who experienced stage III B cervical cancer with mild - moderate pain scale with the implementation of SSBM with lavender oil for 30 minutes a day once for 3 consecutive days. Research on the application of SSBM with lavender oil showed a decrease in the pain scale in cancer patients cervix. The first to the third day in the hospital, the initial scale of 4 can decrease to scale 2. SSBM with lavender oil is an effort to reduce the pain scale in cervical cancer patients.

Keywords: cervical cancer; lavender oil; pain; slow stroke back massage

INTRODUCTION

Cancer is a malignant disease that can develop rapidly in body tissue that grows uncontrollably. Cervical cancer is the growth and development of abnormal cells in the cervical organ which causes abnormal function of the cervical organ. Cervical cancer is caused by the Human Papilloma Virus (Destriani et al., 2022). According to WHO, in 2022 as many as 604,000 or 3.1% new cases will appear and 90% of the 342,000 cervical cancer deaths will occur in low and middle income countries (WHO, 2023). Based on Globocan data from WHO, it is noted that in Indonesia cervical cancer is in second place with 36,633 cases or 9.2% of total cancer cases (Handayani, 2022). DIY health profile data for 2022 shows that the prevalence of cervical cancer in DIY is 15.2% of cases and total deaths are 9.4% (Profil Kesehatan D.I. Yogyakarta, 2023).. In the medical record data of Dr. RSUP. Sardjito Yogyakarta from August 2023 – February 2024, cervical cancer cases ranked second with a prevalence of 5.7%. Cervical cancer patients experience pain and it continues to increase because it is located close to the pelvic nerves, soft tissue, bone structures so that the cancer spreads to the retroperitoneum structures (Fitriani et al., 2023). Pain in cervical cancer patients that is not treated properly and correctly can cause the cancer to reach an advanced stage or spread to all parts of the cervix and other areas of the body. This condition can increase the risk of worsening health and affect the sufferer's quality of life (Suwiyoga, 2017).

Pain can be defined as a subjective experience as well as an unpleasant sensory and emotional experience. Pain can be reduced by taking pharmacological measures by administering analgesics and non-pharmacological measures by deep breathing relaxation, distraction, position changes or movements, acupressure, massage, and other therapies (Pangastuti et al., 2022). According to (Janna et al., 2023) the implementation of slow stroke back massage with lavender oil in cervical

cancer pain patients showed that there was a change in the pain scale, namely before the action was taken to scale 4 and after the action was taken to scale 2, there was a decrease in pain measured using the Numeric Rating Scale (NRS).

METHOD

This research is descriptive research in the form of a case study. The descriptive method is a research method that aims to obtain an overview by observing and analyzing data systematically, accurately and actually based on facts. The design of this paper uses a descriptive case study which aims to describe the differences in the scale of pain before and after implementing slow stroke back massage therapy with lavender oil in patients with cervical cancer pain in Bougenvil Room 1 Dr Sardjito Hospital Yogyakarta. The subject of this research was carried out on cervical cancer patients stage III B which experiences moderate pain. The inclusion criteria used in this study included: patient willing to be a respondent, diagnosis of cervical cancer, complaints of mild - moderate pain, composentis awareness, likes massage. SSBM therapy with lavender oil is carried out according to the SOP instrument starting with a massage with a straight effleurage (stroking) movement from bottom to top, the second movement is a back massage by kneading the coluna vertabalis, massaging using the support of both thumbs downwards and rotating, the third movement is Petrissage squeezes the skin by taking the tissue between the thumb and fingers then pressing it together, the final movement is a back massage with a downward massage. The data collection methods used in this research were observation, interviews and documentation. Observations were carried out using a Numeric Rating Scale (NRS) observation sheet, then an interview was conducted. The results of the interview were the results of the history, patient identity, main complaint, previous medical history, other data sources (family), after which the researcher explained the objectives, benefits and informed consent to the patient. . Data collection with documentation is carried out by collecting data from written sources through medical records at Dr Sardjito Hospital Yogyakarta which will increase the accuracy of the data as additional support in research. The results of data collection in this research are analyzed in textual form with supporting facts, which can be presented in narrative, table or graphic form.

RESULT AND DISCUSSION

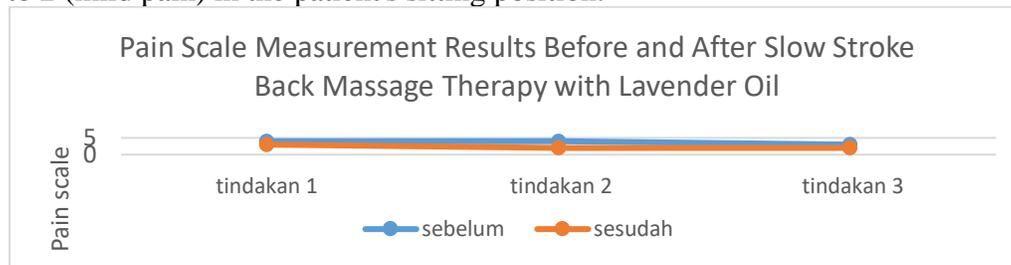
Table 1.

Results of implementing the SSBM therapy procedure with lavender oil

Day / date	Implementation Hours	Pain scale before the procedure	Pain scale after the procedure
Monday , 11/03/2024	10. 00 WIB	4 (moderate pain)	3 (mild pain)
Tuesday, 12/03/2024	12.30 WIB	4 (moderate pain)	2 (mild pain)
Wednesday, 13/03/2024	13. 05 WIB	3 (mild pain)	2 (mild pain)

Based on the table 1 and graph 1, it shows that there is a decrease in the pain scale before and after implementing slow stroke back massage therapy with lavender oil. On the first day before implementing slow stroke back massage therapy with lavender oil, the patient was assessed for not taking analgesic medication, at 10.00 the pain scale was measured using the NRS, the patient said the pain scale was 4 (mild pain) then SSBM was implemented with lavender oil for 30 minutes. The patient slept on his side, after which the patient was re-observed on the pain scale, saying the pain had reduced to scale 3 (mild pain). On the second and third days, the patient was studied taking Keterolac 30 mg/8 hours at 08.00 so that the patient was implemented after the half-life of the drug was over, namely after 4 - 6 hours of drug administration. On the second day of implementation, at 12.30, patients said the pain scale was 4 (moderate pain). After implementation, the patient said

the pain scale had dropped to scale 2 (mild pain) in the patient's sitting position. On the third day of implementation, at 13.05, the scale was 3 (mild pain). After implementation, the pain scale dropped to 2 (mild pain) in the patient's sitting position.



Graph 1. Pain scale graph before and after SSBM therapy with lavender oil

This research began with processing Ethical Clearance through KEPK Poltekkes Kemenkes Yogyakarta, and obtained Ethical Clearance with number No. D.P. 04.03/e –KEPK.1/372/2024. Researchers selected patients as research respondents based on predetermined inclusion and exclusion criteria. After obtaining suitable respondents, it is first explained about the steps or procedures that will be carried out, as well as the ethics involved in the research. Because research results need to be published, so that the whole community can be informed about the discovery of new knowledge. Mrs. A said that the pain was on a scale of 4 (moderate pain) that came and went, stomach pain down to the waist like being stabbed, and the lower back felt sore since 1 year ago which was caused by the malignancy of cervical cancer. This is in line with the theory put forward by (Hardianti & Sukraeny, 2022) that cervical cancer often does not show any symptoms. However, as the disease progresses, sufferers can experience various complaints, one of which is pain around the pelvis and lower abdomen.

A non-pharmacological way to reduce pain with slow stroke back massage therapy with lavender oil is a comforting action that can relieve tension, relax the patient and improve circulation. The way slow stroke back massage works causes the release of endorphins, thereby blocking the transmission of pain stimuli. The technique for performing slow-stroke back massage can be done using several approaches, one method is to rub the client's skin slowly and rhythmically with the hands, at a speed of 60 strokes per minute (Syahrul & Hayati, 2019). The aroma used by researchers is lavender aroma oil, it contains ingredients that can reduce depression, reduce pain and nervous tension, apart from that there is a substance containing linalool which can also stabilize the nervous system, causing a feeling of calm when inhaled, reducing pain, making you more relaxed, , and can block nausea and vomiting (Fitriani et al., 2023). In this case study, the nursing actions carried out on Mrs. A there was a decrease in the pain scale from scale 4 (moderate pain) to scale 2 (mild pain) experiencing 2 decreases after implementing slow stroke back massage therapy with lavender oil with a frequency of 1 time a day for a duration of 30 minutes for 3 consecutive days. In line with research (Rasinah, 2021) which states that 3 respondents were given SSBM therapy for 15 - 30 minutes with a frequency of 1x/day and within a 3 day treatment period. Effectively carried out on clients complaining of low back pain with the result of a significant reduction in pain with an initial pain scale of 4 to a pain scale of 3, a decrease of 1 measured using the NRS pain scale instrument. Based on research conducted (Janna et al., 2023) 1 patient was given SSBM therapy with lavender aromatherapy once every day with a duration of 10 minutes for 3 days using the Numeric Rating Scale (NRS) pain scale, which resulted in a reduction in pain. where before the intervention was given the patient reported experiencing pain on a scale of 4, while after the intervention was given the pain scale dropped to scale 2.

CONCLUSION

The conclusion of this research is that it can describe the implementation of slow stroke back massage with lavender oil that there is a reduction in pain in cervical cancer patients in the Bougainvillea Room 1 Dr Sardjito Hospital Yogyakarta after therapy was carried out for 3 consecutive days with a frequency of once a day and a duration of 30 minutes with pain results decreased from scale 4 (moderate pain) to scale 2 (mild pain). Slow stroke back massage therapy with lavender oil, namely non-pharmacological therapy, is a massage technique using lavender aroma essential oil on the back area. After therapy, patients feel relaxed, comfortable, the intensity of pain decreases and they are calm.

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