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**“APPLICATION OF NURSING CARE USING INNOVATION
COMBINATION OF *PROGRESSIVE MUSCLE RELAXATION* AND *DEEP
BREATHING EXERCISE* TOWARDS PAIN REDUCTION IN CIRRHOSIS
LIVER PATIENTS IN TARAKAN HOSPITAL, JAKARTA”**

5 Chapter + 75 Pages + 15 Tables

ABSTRACT

Liver cirrhosis is a chronic liver disease characterized by diffuse destruction and fibrotic regeneration of liver cells. Necrotic tissue will form scar tissue, so that it will change the normal structure of the liver and vascularization, interfere with blood and lymph flow, and ultimately lead to hepatic insufficiency. One of the problems that often arise in patients with liver cirrhosis is pain. Pain in patients with liver cirrhosis is usually felt in the abdomen as a result of the inflammatory process and rapid enlargement of the liver, causing stretching of the fibrous sheath of the liver. Several non-pharmacological therapies have been developed to treat pain complaints, including *Progressive Muscle Relaxation* and *Deep Breathing Exercises*. Purpose studies this is for analyze analysis of nursing care with the application of a combination of *Progressive Muscle Relaxation* and *deep breathing exercises* to reduce pain in liver cirrhosis. Method which used is a *one-shot case study*. Characteristics of patients who are respondents is 3 person subject with same nursing problems and medical diagnoses. From the results of the application of *Progressive Muscle Relaxation* and *Deep Breathing Exercise* in nursing interventions to help reduce pain, which is characterized by a decrease in the pain scale from 5 to 2 (in respondents 1 and 2) and a decrease in the pain scale from 4 to 0 (to respondent 3). The conclusion is the application of *Progressive Muscle . Relaxation* and *Deep Breathing Exercises*. can be a nursing intervention in overcoming pain nursing problems in patients with hepatic cirrhosis. It is recommended to use *Progressive Muscle Relaxation* and *Deep Breathing Exercises* as one of the nursing interventions that can be used in the management of clients with pain disorders in patients with hepatic cirrhosis.

Keywords: Hepatic Serosis, Pain , *Progressive Muscle Relaxation* and *Deep Breathing Exercise*

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**“PENERAPAN ASUHAN KEPERAWATAN MENGGUNAKAN INOVASI
KOMBINASI *PROGRESSIVE MUSCLE RELAXATION* DAN *DEEP
BREATHING EXERCISE* TERHADAP PENURUNAN NYERI PADA
PASIEN SIROSIS HEPATIS DI RUANG KEMUNING RSUD TARAKAN
JAKARTA”**

5 BAB + 75 Halaman + 15 Tabel

ABSTRAK

Sirosis hepatitis merupakan penyakit hati kronis yang ditandai dengan kerusakan difus dan regenerasi fibrotik sel hati. Jaringan nekrosis akan membentuk jaringan parut, sehingga akan mengubah struktur hati dan vaskularisasi normal, mengganggu aliran darah dan limfe, dan akhirnya menyebabkan insufisiensi hepatic. Salah satu masalah yang sering muncul pada penderita sirosis hepatitis adalah nyeri. Nyeri pada pasien sirosis hepatitis biasanya dirasakan pada abdomen sebagai akibat adanya proses inflamasi dan pembesaran hati secara cepat sehingga menyebabkan renggangan pada selubung fibrosa hati. Beberapa terapi nonfarmakologis telah dikembangkan untuk mengatasi keluhan nyeri antara lain *Progressive Muscle Relaxation* dan *Deep Breathing Exercise*. Tujuan studi ini adalah untuk menganalisis analisis asuhan keperawatan dengan penerapan intervensi kombinasi *Progressive Muscle Relaxation* dan *deep breathing exercise* terhadap penurunan nyeri pada Sirosis Hepatis. Metode yang digunakan adalah *one-shot case study*. Karakteristik pasien yang menjadi responden adalah 3 orang subjek dengan masalah keperawatan dan diagnosa medus yang sama. Dari hasil penerapan *Progressive Muscle Relaxation* dan *Deep Breathing Exercise* dalam intervensi keperawatan membantu menurunkan nyeri yang ditandai dengan penurunan skala nyeri 5-2 (pada responden 1 dan 2) dan penurunan skala nyeri dari 4-0 (pada responden 3) Kesimpulannya adalah penerapan *Progressive Muscle Relaxation* dan *Deep Breathing Exercise*. dapat menjadi intervensi keperawatan dalam mengatasi masalah keperawatan nyeri pada pasien Serosis Hepatis. Direkomendasikan penggunaan latihan *Progressive Muscle Relaxation* dan *Deep Breathing Exercise* sebagai salah satu intervensi keperawatan yang dapat digunakan dalam penatalaksanaan klien dengangguan nyeri pada pasien Sirosis Hepatis

Kata Kunci : Sirosis Hepatis, Nyeri, *Progressive Muscle Relaxation* dan *Deep Breathing Exercise*