

THE EFFECTIVENESS OF THE APPLICATION OF GUIDED IMAGERY ON THE REDUCTION OF PAIN IN MR. E WITH GASTRITIS IN ROOM D3 OF CIBABAT CIMAHI HOSPITAL 2024

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Abstract

Background: Gastritis is the most common gastrointestinal problem and has typical symptoms of pain in the epigastrium. Pain is defined as an unpleasant sensory and emotional experience associated with real or potential tissue damage. Guided imagery relaxation techniques include non-pharmacological techniques in pain management because they will form an image that will be received as stimulated by various senses, then by imagining something beautiful the feeling will be calm. **Purpose:** To determine the effectiveness of the application of Guided Imagery to help reduce the pain scale in gastritis patients. **Method:** The case study with instrument used Numerical rating scale (NRS) is a measuring tool that asks patients to assess pain. **Results:** Observation results in patients with acute pain problems in Room D3 of Cibabat Hospital Cimahi, there was a decrease in the pain scale after being given guided imagery therapy for 3 days, carried out once a day for 15 minutes with pre-test results of 6 out of (0-10) and post-test to 3 out of (0-10). **Conclusions and Suggestions:** After being given guided imagery for 3 days, there was a decrease in the pain scale. Pain scale starts from 6 out of (0 – 10) to 3 out of (0 – 10). So it can be concluded that the application of guided imagery is effective in lowering the pain scale. The application of guided imagery can be used as prevention and offers non-pharmacological therapy so that it can maximize treatment in reducing pain and patients recover faster.

Keywords: Decreased pain scale, non-pharmacological techniques, digestive problems