

Analysis Of Post Sectio Caesarea Nursing Care Using Benson's Relaxation Technique to Reduce Pain: Case Study

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Abstract: A Caesarean section is a medical procedure in which a baby is born through an incision in the abdominal wall and the wall of the uterus. This procedure is performed when the fetus weighs over 500 grams, and the uterus is in a condition that makes a vaginal birth difficult or dangerous. Post Caesarean section, patients often experience physical and physiological impacts, such as pain. The incision in the stomach and uterus for delivering the baby and placenta causes pain, which can be superficial and can result in the disconnection of fiber nerves and pressure from stitching. A case study was conducted to evaluate the effectiveness of the Benson relaxation technique in reducing pain in patients post Caesarean section. The descriptive method was used with a case study approach. The results showed a decline in pain scale after the Benson relaxation technique was applied 2-3 times a day for three consecutive days. Before the technique was applied, the patient's pain scale was 6 out of a range of 0-10 (medium pain), but after the technique was applied for three days, the patient's pain reduced to a scale of 3 out of a range of 0-10 (light pain). This means that the Benson relaxation technique has been empirically proven to be an effective non-pharmacological treatment for reducing pain in patients post Caesarean section. It can be used as one of the non-pharmacological nursing interventions to overcome pain in patients post Caesarean section.

Keywords: Benson relaxation, pain, sectio caesarea.

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Introduction

Labor is the process of producing a conception (fetus, placenta, and amniotic fluid) in the womb, culminating in childbirth either through natural means or other methods (Hutchison et al., 2023). A Cesarean Section (SC) is a medical procedure where the fetus is delivered through an incision in the abdominal wall and the uterine wall, typically performed when the conditions of the womb are intact, and the fetus weighs over 500 grams (Baltzer, 2023). The prevalence of SC has become a widespread trend and a preferred choice for

pregnant mothers in developed countries due to the continuous progress and advancements in medical knowledge and technology, particularly in the field of health. The global incidence rate of SC has seen a significant increase (Sungkar & Basrowi, 2020).

Physiological and physical impacts frequently manifest in patients after a cesarean section, leading to pain. The incision in the abdominal and uterine walls during childbirth causes superficial pain due to the disconnection of nerve fibers and pressure resulting from the stitching process. The surgery also brings about

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changes in the continuity of body networks, affecting the mother's mobility, disrupting bonding and attachment, and disturbing the activities of daily living (ADL) (Marfuah et al., 2019; Fan et al., 2020; Fassoulaki et al., 2021).

To alleviate post-cesarean pain, both pharmacological and non-pharmacological interventions are employed. Non-pharmacological pain management methods include affective touch, tactile therapeutic techniques, acupressure, relaxation and imagery techniques, distraction, hypnosis, cold or warm compress, stimulation, and transcutaneous electrical nerve stimulation (TENS). One non-pharmacological approach, relaxation, includes four techniques: relaxation behavior, diaphragmatic breathing, progressive muscle relaxation, and breathing techniques (SASA Acute Pain Guideline Committee, 2009; Secretariat, 2021; Moussa & Ogle, 2022). An evolved form of relaxation technique is Benson Relaxation (Solehati & Rustina, 2015).

Benson Relaxation is an effective method to reduce pain by diverting the client's attention to relaxation, thereby reducing awareness of pain. This method combines relaxation techniques with building trust with the client. Benson's relaxation induces a calm and relaxed state, slowing down brain waves, promoting smooth blood flow, and releasing calming neurotransmitters from the nervous system, facilitating proper functioning. Beyond pain relief, Benson Relaxation offers additional benefits such as increased faith and the potential for transcendent experiences (Nuri Kurniasari et al., 2016; Safitri et al., 2021; Ramayanti, 2021; Raipure & Patil, 2023). Therefore, it is highly recommended for nurses to incorporate Benson Relaxation techniques when caring for post-cesarean section patients experiencing pain.

Method

The methodology employed in this study is a descriptive case study involving nursing care and a review of references. The study focuses on patient's post-cesarean section experiencing nursing-related pain. Participants were randomly selected based on criteria, specifically patients receiving care following a cesarean section. Upon assessment, patients reported pain in the lower abdominal region, particularly at the site of the surgical incision. Pain intensity increased with movement and decreased when at rest, described by the patients as a slashing sensation. The pain was localized to the surgical wound area, rated at 6 on a scale of 0-10 (current pain level). Vital signs recorded include blood pressure of 150/90 mmHg, pulse rate of 105 beats per minute, respiratory rate of 22 breaths per minute, temperature of 36.2°C, and Spo2 of 96%. Additionally,

the patients exhibited visible signs of discomfort, such as grimacing. The pain assessment tool used was a numeric pain scale, and data were documented in the nursing care formula.

The intervention involved placing the patient in a Semi-Fowler's position, following the Standard Operational Procedure outlined by Central Executive Board (DPP) of the Indonesian National Nurses Association (PPNI) In books standards named SDKI, SLKI, and SIKI to determine medical diagnosis, nursing objectives, and plans, as well as to evaluate the actions provided to the patient (Tim Pokja SDKI DPP PPNI, 2017; Tim Pokja SIKI DPP PPNI, 2018; Tim Pokja SLKI DPP PPNI, 2022). The subsequent nursing planning included both main and supportive interventions. The primary intervention for the patient with pain was pain management. The author implemented this intervention by employing the Benson relaxation technique, conducting sessions once a day for 10 minutes. During the intervention, the patient was positioned comfortably, instructed to close their eyes, focus on breathing in through the nose, holding for 3 seconds, exhaling through the mouth, and verbally expressing positive affirmations. The intervention was conducted in accordance with the Standard Intervention Indonesian Nursing and evidence-based practices (EBP). The implementation occurred under the supervision of a responsible nurse accountable for the patient.

Data collection took place on December 27, 2022, at 16:05 WIB in the Zade Room at Dr. Slamet Garut Hospital. The patient, a 33-year-old individual, was in postoperative day 1 following a cesarean section. The participant consented to the publication of health data anonymously.

Result and Discussion

Relaxation techniques are best done with consistent practice, supported by evidence, to help patients experience a positive impact. In terms of pain relief, there is a noticeable decline on a scale of 0-10, with 10 being the most painful. Before the Benson relaxation technique intervention, the pain scale was at 6. After the technique, the pain scale significantly decreased to 3, indicating a lighter level of pain. This positive change was observed over the course of three days with the provided intervention.

Table 1. Pain scale

Date	Pain scale before intervention	Pain scale after intervention
1 st Day	6	6
2 nd Day	6	5
3 rd Day	6	3

The nursing process plays a crucial role in providing care to patients over a span of three days. In

my fieldwork, I encountered no difficulties in delivering nursing care to patients. Following the stages of the nursing process and evidence-based interventions, particularly in the case of post-caesarean section patients, yielded positive outcomes.

According to the Benson Relaxation theory, one effective method to alleviate pain is by diverting attention through relaxation, thereby reducing the client's awareness of pain. This method involves combining relaxation techniques with building trust with the client. The result is a decline in the body's oxygen consumption and relaxation of muscles, creating a calm and comfortable feeling. Adequate oxygen in the brain leads to a balanced internal condition and a natural state of relaxation (Solehati & Rustina, 2015; Kurniasari et al., 2016; Sari et al., 2020; Molazem et al., 2021).

The relaxation process continues to the hypothalamus, producing corticotrophin-releasing factor (CRF). CRF stimulates the glands under the brain to increase the production of proopiomelanocortin (POMC), subsequently enhancing enkephalin production in the adrenal medulla. Additionally, the glands under the brain produce β -endorphins as neurotransmitters. The endorphins influence the perception of painful impulses by hindering their transmission in the neural synapses (Harvard, 2021; Chaudhry & Gossman, 2023). This technique stimulates the body to produce endorphins and enkephalins, which obstruct painful impulses. Moreover, calming expressions used during the process contribute to controlled respiration, ventilation, diffusion, and perfusion. Centralizing the mind through the HPA Axis pathway redirects impulses, stimulating cortisol production within normal limits. This balance of cortisol helps regulate neurotransmitters, maintaining overall homeostasis (Solehati & Rustina, 2015; (Mohamady et al., 2022; El Rahman et al., 2022; Kaparang et al., 2022; Mohammed et al., 2023).

Conclusion

The integration of Benson Relaxation techniques in nursing care not only aids in pain reduction but also contributes to overall patient well-being by fostering a calm and positive environment. The evidence-based approach supports the efficacy of these interventions, emphasizing their relevance in contemporary nursing practices for enhanced patient outcomes.

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