

Benson Relaxation Technique for Post Orif Patient on Indications of Multiple Fractures of Femur, Tibia, and Humerus Dextra: Case Study

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Abstract: Fracture is a break that occurs in bones due to trauma, often caused by traffic accidents. One of the typical symptoms of bone fractures is pain. Pain can be managed through pharmacological interventions involving the administration of medical drugs, and non-pharmacological management to reduce pain can be achieved through the Benson relaxation technique. This final scientific work aims to provide an overview of nursing care for patients with fracture disorders presenting pain issues and interventions involving the Benson relaxation technique. Descriptive analytics were employed in the form of a case study approach, utilizing nursing care approaches. Over a period of 5 days, nurses intervened in acute pain through the Benson relaxation technique. Summative evaluation results indicated that the problem was resolved. This was evidenced by a reduction in pain intensity from a scale of 5 to a pain scale of 2 (on a scale of 0-10). Based on case analysis and the application of Evidence-Based Practice, a decrease in pain intensity in Mr. R was observed by implementing the Benson relaxation technique in a post-ORIF (Open Reduction Internal Fixation) fracture case.

Keywords: benson relaxation, post ORIF

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Introduction

A fracture is Fractures that occur in bones caused by trauma and most caused by an accident Then cross. Fractures are possible to happen in a way complete or not complete. On circumstances broken will experiencing tissue edema soft, bleeding to muscles and joints, tendon rupture, damage nerves and damage vessels blood so that consequence from damage that occurs will give rise to one sign Typical symptoms of

fracture _ bone that is pain, in fracture sufferers, pain is most frequent problems found (Sop & Sop, 2022)

Pain is an experience sensory and emotional pleasant as consequence from damage actual and potential tissue, which is painful body as well as expressed by the individual who experienced it. When a network experience injury, or damage results, let it go available materials - stimulating receptor painful such as serotonin, histamine, potassium ions, bradykinin,

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prostaglandins, and substance which will result response pain (Doody & Bailey, 2019; El-Tallawy et al., 2021).

The typical clinical manifestation of a fracture is emergence pain followed by swelling. The signs general happen includes, painful Keep going continuously and increase its weight until fragment bone immobilized, deformity extremities due to displacement of fragments in arm fractures of limbs, functionalization of the fracture area, bone shortening due to contraction of the muscles attached above and below the fracture site, crepitation, swelling, and change color local. Symptom Which appears vary depends on areas where location bone which broken (Johns Hopkins Medicine, 2023).

The symptoms that arise in fracture patients are pain and mobility. Physique is also disturbed, aside from action surgery and treatment by a doctor so patients with fractures also require maintenance special. With existing problems with the pain nurse's role as giver care can help patients overcome pain one of them is the technique of relaxation Benson to reduce pain. nurses give maintenance with notice circumstances need base humans needed through giving service nursing with using the nursing process so that a nursing diagnosis can be determined planned and implemented appropriate and appropriate action with level need base humans, then can be evaluated level its development (Executive, 2016; Copanitsanou, 2018; Vassallo et al., 2020; Ningsih et al., 2023).

Relaxation Benson is a development method relaxation method involves the belief factor patient, who can create something internal environment so can help the patient reach better conditions and prosperity high. Therapy relaxation Benson for reducing pain in left femur fracture patients show there is a decline in scale pain with technique relaxation Benson in femur fracture patients, patient more relaxed and comfortable as well as patient can do it technique relaxation Benson in a way independent. Influence relaxation Benson to action nursing is technique. This can more easily do or not give rise to effect aside, technique relaxation breathing. This use additional element confidence in form words so Can make the patient more relaxed, feel pain reduced and can improve the patient's spirituality (Masry et al., 2017; Ju et al., 2019).

Method

Method used is descriptive analytic with form studies case with do approach care nursing which includes assessment, diagnosis nursing, planning, implementation, evaluation and use intervention Evidence Based Practice. Participant chosen in a way

Randomized with the criteria of inpatients who experienced post-ORIF fracture disorders, were able to speak and were conscious. The signs and symptoms felt by the patient during the assessment were complaints of pain in the area used hands and feet Post ORIF wounds. painful felt like prickling, pain felt in the feet and hands adjacent right so that no can drive, scale pain 5 (0-10), pressure blood 130/80 mmHg, pulse 102x/ minute, respiration 22x/ minute, temperature 36.2 oC, Spo2: 99%. The tools that the author uses himself are assisted by X-ray results and scale format strength muscle, scale pain. Data is recorded on the Nursing Care Form. Engineering intervention relaxation Benson as non-pharmacological treatment for reduce painful carried out in accordance with the steps in the planning guidelines of the Indonesian National Nurses Association (PPNI) with the books used namely SDKI, SLKI, and SIKI to determine nursing diagnoses, nursing aims and objectives, nursing plans and to evaluate actions given to patients (Tim Pokja SDKI DPP PPNI, 2017; Tim Pokja SIKI DPP PPNI, 2018; Tim Pokja SLKI DPP PPNI, 2022). The interventions carried out apply technique non-pharmacological for reducing pain that is with technique relaxation Benson. Benson relaxation focuses on words or sentences that are said repeatedly with a regular rhythm and accompanied by an attitude of surrender to God Almighty in accordance with the patient's beliefs, which has a calming meaning. This intervention is carried out in accordance with the Indonesian Nursing Intervention Standards (SIKI) which are evidence-based (EBP). The intervention is implemented under the supervision of the nurse responsible for the patient.

Assessment done at the time 2nd day clients on June 12, 2023, at 10.00 WIB in the room Marjan above (surgery orthopedics). assessment done with anamnesis technique observation, examination physical and records medical patient. The client is 20 years old, has done ORIF operation in the central operating room of RSUD Dr. Slamet Garut. Participants agree that their health data will be published without any identity (anonymous).

Result and Discussion

Relaxation technique Benson carried out in accordance with *evidence-based practices* to patients obtain positive results. In this case the Author can obtain experience in a way real and capable in carry out care nursing care for patients with fracture problems as well capable do care nursing direct and comprehensive covers aspect biological, social, and spiritual with nursing process approach in accordance with care nursing. As well as for get description care nursing care

for patients with fracture disorders with problem painful use intervention relaxation Benson. Therapy relaxation Benson can influence lower pain felt by the patient with diagnosis medical Post ORIF Fracture, which is marked with decline scale pain in Mr. R from scale pain 5 becomes 2 with range pain (0-10).

The nursing process that has been implemented in providing nursing care to patients in this case has been carried out for 5 days. While in the field the author did not experience difficulties in providing nursing care to patients. After the author carried out the stages of the nursing process and intervention based on evidence-based practice (EBP) related to the Post ORIF Fracture case, he got positive results regarding the nursing problems experienced by the patient.

This is in accordance with previous study "Therapy relaxation Benson for reducing pain in left femur fracture patients" is a descriptive study using a case and retrieval sample design, focusing on patients with a fracture in Room VI Bethesda Hospital Yogyakarta in 2022. The study aimed to determine the effect of Benson Relaxation on reducing pain intensity in post-operative femur fracture patients. The results of the study showed a decline in the pain scale with the Benson Relaxation Technique in patients with femur fractures, with a pain scale of 10 becoming a pain scale of 4 (Nurhayati et al., 2022; Permatasari & Sari, 2022). This indicates that patients became more relaxed and comfortable after practicing the technique, and they were able to perform the technique independently (Nurhayati et al., 2022).

The study's findings align with previous research, which has shown that Benson's Relaxation Method can help reduce pain and improve various aspects of healthcare. A systematic review and meta-analysis found that relaxation therapy, including Benson's Relaxation, can provide significant pain relief in post-operative patients compared to controls. An utilizing Benson's relaxation technique found significant pain relief in both the interventional and control groups. Another demonstrated that Benson's relaxation technique could be applied to reduce pain intensity, improve pain belief and perception, and enhance pain acceptance in adult hemophilia patients (Ju et al., 2019). Based on these findings, it is expected that patients and nurses can apply the Benson Relaxation Technique after fracture surgery to alleviate pain and improve overall well-being (Nurhayati et al., 2022).

In the context of nursing, when addressing pain issues, one of the primary interventions for patients is the use of non-pharmacological techniques to reduce pain, with the Benson Relaxation Technique being one of them. This technique was developed to effectively

alleviate pain without side effects, aiming to reduce the patient's pain levels and minimize signs of discomfort, such as grimacing. The intervention involves teaching the patient to independently perform the Benson Relaxation Technique, which has been found to be effective in managing pain. The recommended frequency for exercise is twice a day, in the morning and evening, for 10-15 minutes, over a period of 2-4 days. This therapy is simple and can be applied to all post-operative patients experiencing pain. In conclusion, the Benson Relaxation Technique can significantly reduce the pain experienced by patients diagnosed with post-operative open reduction and internal fixation (ORIF) fracture, as evidenced by a decrease in Mr. R's pain scale from 5 to 2, with a pain range of 0-10.

Conclusion

I want to express my gratitude to the patients who have given their consent for their data to be published, as well as to the academic and clinical preceptors who have provided guidance to ensure that the nursing care provided to patients is of the highest quality.

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