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Application of Lavender Aromatherapy to Mrs. M with Endometriosis Cysts Post Htsob Operation in Reducing Pain in the Treatment Room on the 2nd Floor of the Iman Sudjudi Pavilion, Gatot Soebroto Hospital

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Abstract

Endometriosis cysts or chocolate cysts are lesions located in the ovaries. Endometriosis cysts as much as 5-10% can be found in women of reproductive age. Endometriosis cysts not only cause pain during menstruation or outside the menstrual cycle, but this condition can interfere with ovulation, interfere with the condition of the internal reproductive organs so that the interaction of egg cells and sperm is disrupted and interfere with implantation. The purpose of this case study is to describe nursing care with the provision of lavender aromatherapy to reduce the intensity of the pain scale. The method used is a descriptive method using a case study approach method and the research data are presented in the form of giving lavender aromatherapy to patients with endometriosis cysts after Bilateral Hysterectomy Salphingo Ooverectomy surgery. The results of this case study showed that patients with endometriosis cysts after Bilateral Hysterectomy Salphingo Ooverectomy surgery found that giving lavender aromatherapy could affect the decrease in the intensity of the pain scale. The conclusion of this case study can be concluded that the implementation of aromatherapy has succeeded in reducing the intensity of the pain scale

Keywords: Endometriosis Cysts; Pain; Giving Lavender Aromatherapy; Hysterectomy

Introduction

Endometriosis or chocolate cyst is a gynecological disorder characterized by abnormality in the location of endometrial tissue that grows outside the uterine cavity. Endometrial tissue can grow in the ovaries, fallopian tubes, ligaments that form the uterus, or it can also grow in the appendix, colon, ureter and pelvis.

The cause of endometriosis cysts is not yet known for certain, but there are several risk factors that can cause endometriosis cysts including age, age

of menarche, length of menstrual cycle, family history of endometriosis cyst disease and frequent exposure to toxins from the environment. The signs and symptoms of endometriosis cysts are pain in the lower abdomen and pelvis that is progressive, dysmenorrhea, dyspareunia, dysuria, infertility, and menorrhagia (Iskandar, 2021).

Endometriosis disease affects around 10% (190 million) women and girls of reproductive age globally. Endometriosis is a chronic disease with severe pain and impacts sexual

intercourse, bowel movements, urination, fatigue, pelvic pain, infertility and sometimes affects anxiety. Endometriosis cases are most commonly found in women aged 50-54 years. The incidence of endometriosis in the United States is 133 per 1000 women each year and in South Korea the incidence of endometriosis is found to be 37 per 100,000 women per year.

Generally Endometriosis does not cause death in women, but around 8-29% have the potential to become endometrial cancer if not treated immediately. According to the National Hospital Discharge Survey, there were 11.2% of women aged 18 and 45 who were hospitalized with a diagnosis of endometriosis, and around 10% of women underwent endometriosis surgery. The incidence of endometriosis in Indonesia cannot be estimated because there have been no epidemiological studies, but there are some data obtained based on research conducted by Soraya (2019), namely from 160 research samples, the incidence of endometriosis patients was 10.3% at RSUP DR. Mohammad Hoesin Palembang.

This study explains that endometriosis is widely experienced by women with reproductive age 97.5%, normal menarche age 81.25%, and dysmenorrhea (79.3%). Based on data obtained from medical records in the 2nd floor treatment room of dr. Imam Sudjudi RSPAD Gatot Soebroto in 6 months, namely December 2023 - April 2024, there were 39 cases of patients with endometriosis cysts (24% percentage).

Complaints of pain are the main complaint of endometriosis sufferers. Pain can be treated with pharmacological and non-pharmacological therapy. Pharmacological therapies that can be

used to treat pain include opiates/narcotics, non-steroidal anti-inflammatory drugs (ANS), adjuvant drugs and analgesic drugs. While non-pharmacological therapies that can be done include deep breathing relaxation techniques, warm compresses, entry therapy and using aromatherapy (Astuti & Aini, 2020).

Aromatherapy is a complementary therapy in nursing practice and uses essential oils from fragrant plants to reduce health problems and improve quality of life. The aromatherapy commonly used is lavender aromatherapy. Lavender essential oil can reduce anxiety. The active substances in the form of linalool and linalyl acetate found in lavender have an analgesic effect (Astuti & Aini, 2020).

Lavender aromatherapy as a therapy that relies on the use of essential oils extracted from plants and flowers has a significant impact on reducing pain in postoperative patients. Lavender aromatherapy can reduce postoperative pain as a sedative, anxiolytic antidepressant and analgesic.

Method

The research design used is descriptive research. Descriptive research design was carried out on the case of the Application of lavender aromatherapy to Mrs. M with Post-Operative Endometriosis Cyst HTSOB in reducing pain in the treatment room on the second floor of the Iman Sudjudi Pavilion, Gatoto Soebroto Army Hospital.

Results and Discussion

Focus Data

a. Subjective data

The client said pain in the surgical wound, stabbing pain, continuous pain, pain scale 6. The client said it was difficult to do activities, the client said

the wound extended to the lower abdomen, the client said it was difficult to sleep because of the pain.

b. Objective Data

The client's consciousness is composmetis, the client appears to be grimacing, the client appears weak, a 500ml RL is installed, the client has a urinary catheter installed, the client's

activities appear to be assisted by the family, there is a wound in the lower abdomen +-7cm, leukocytes 13140/ul, the dressing looks clean, there is no seepage. The results of the vital signs examination were obtained in the data: BP: 109/79mmHg, N: 90x/min, RR: 22x/min, SPO: 99%.

Data Analysis

No	Data	Problem	Etiology
1	DS: The client said that the pain in the post-operative wound, the pain was like being stabbed, the pain was continuous, the pain scale was 5, the client said that it was difficult to sleep because of the pain	Acute pain	Physical injury agents
2	DO: The client's consciousness was composmetis, the client looked weak, the client looked grimacing, RL 500ml was installed, The results of the vital signs examination were obtained in the data: BP: 109/79 mmHg, N: 90x/min, RR: 22x/min, SPO: 99%.	Risk of infection	Effects of invasive procedures
3	DS: The client said that the wound extended downwards	Impaired mobility	Pain

Nursing Diagnosis

The diagnosis found on May 7, 2021, is as follows Acute pain related to physical injury agents, and Risk for infection related to the effects of invasive procedures, then . Impaired physical mobility related to pain

Nursing Interventions

The intervention was designed based on the Indonesian Nursing Outcome Standards (SLKI) book to determine the objectives and outcome criteria and the Indonesian Nursing Intervention Standards (SIKI) to determine the right action plan to overcome the client's problem, after nursing actions for 3x24 hours, the problem is expected to be resolved.

Nursing Implementation

The implementation was carried out for 3 days by teaching the application of giving 2-3 drops of lavender aromatherapy to reduce pain through a diffuser. The assessment of nursing actions was carried out using an

observation sheet containing indicators of pain scale and pain frequency.

Nursing Evaluation

After the implementation of lavender aromatherapy on Mrs. M for 3 days starting on May 8 - May 10, the author conducted an evaluation and obtained results showing that the pain decreased after being given lavender aromatherapy as evidenced by a decrease in the pain scale from 6 to 2.

Conclusion

After nursing actions were carried out for 3 days, the results showed that there was a reduction in pain in Mrs. M. M, proven by the reduction in pain scale, pain frequency, pain scale from 6 to 2, the client said he became more relaxed when given lavender aromatherapy. So it can be concluded that giving lavender aromatherapy is effective in reducing pain in post-op clients.

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