

**The Implementation Of The Guided Walking Imagery Relaxation On The
Decreasing Human Chest Pain Scale By Acute Coronary Syndrome
Medical Diagnose In Intensive Care Unit Room Of Siti Khodijah Hospital,
Sepanjang**

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ABSTRACT

Introduction: Acute coronary syndrome is a blood flow hindrance in the coroner artery that supplies blood to the cardiac muscle. A number of first time symptom in heart disease showed the sudden death patients. Other symptom are pain in the chest felt like being pressured, its felt until on the left shoulder and neck such as being choked. called "Boro". The consequence is leaving his wife for several months even years. **Objective:** This research purpose is how to identify the implementation of guided walking imagery relaxation on the decreasing of the pain scale on the human chest of acute coronary syndrome patients. **Method:** The research design uses the case study style of research. The case study style of research is the design which describes one fact to answer one or more phenomena. The case study in this research tests the implementation of a procedure. This case study research was applied by giving the intervention or treatment and then observed the result for the final step. **Results:** The research goal showed that after the implementation of the guided imagery, the researcher gained the result from the first patient who had a pain scale, the therapy that was proposed could decrease the pain scale until reach the low scale of pain, while the second patient with the high pain scale could not continue the therapy and had to be helped by collaborative treatment by the other medical team. **Conclusion:** The conclusion that could be obtained is the guided imagery could decreasing the pain on human chest for the medium scale, while this therapy cannot be continued for the high pain scale patients.

Keywords: Guided Walking Imagery Relaxation, human chest pain, Acute coronary syndrome

INTRODUCTION

Acute Coronary Syndrome is myocardial necrosis caused by inadequate blood supply due to acute occlusion of the coronary arteries. The blockage is mostly by the rupture of atheromatous plaque in the coronary arteries which is then followed by the occurrence of thrombosis, vasoconstriction and inflammatory reaction. Pain is felt in the infarct myocardial like great crumpled, do not go away with rest, often accompanied by shortness of breath or dyspnoea, pale, cold, diaphoresis weight, dizziness, ead was floating, nausea and vomiting (Brunner and Suddarth, 2002; Kasron, 2012; Muttaqin, 2012). The World Health Organization reported non communicable disease (NCDs) of 57 million deaths globally in 2008, 36 million or nearly two-thirds are due to NCDs, consisting of cardiovascular, cancer, diabetes, lung disease chronic (WHO, 2010). Indonesia experienced a trend of increased incidence of cardiovascular disease, according to a report from the health research base (RISKESDAS). at 2007 national prevalence of heart disease is 7.2% based on the diagnosis of health professionals and symptoms. Chest pain is one of the complaints most common

that will bring a patient to the emergency department while the blood pressure is the amount of force, that blood is pressed against the walls of arteries (arteries) when the heart pumps blood throughout the body. To cope with chest pain and increased blood pressure in patients with coronary heart disease (IMA), used the role of nurses as a form of self-contained intervention. that provides relaxation therapy, which in this case can be done with the *Walking Guide Imagery*. Walking Guided imagery relaxation is one of the techniquessimple to overcome the pain. Its function is to stimulate the production of endorphin in the blood that play a role in relaxation and as a natural analgesic in relieving chest pain. The overall aim is to identify the effect of walking guided imagery relaxation of the intensity of the pain of angina pectoris in acute coronary syndromes clients. Therefore, researcher wanted to examine the management of Guided Imagery Relaxtion to the reduction scale of chest pain in patients with Acute Coronary Syndrome In Room Intensive Care Unit (ICU) RS Siti Khodijah.

METHODS

The research of this study designed by case study. The case study is describes a phenomenon to answer one or more questions research. The case studies in this

study of the applied testing of a procedure. This case study is done by giving the intervention or treatment is then seen its influence.

RESULT

Observation	Pasien A			Pasien B		
	Pra Interac tion	Intera ction	Post Inter actio n	Pra Interac tion	Interact ion	Post Interac tion
Tensi on	90/60 mmHg	98/76 mmHg	103/82 mmHg	122/60 mmHg	138/86 mmHg	126/87 mmHg
Pain Scale	5 (Mode rate Pain)	-	3 (Mild Pain)	6 (Mode rate Pain)	8 (Severe Pain)	5 (Mode rate Pain)
Respo nd	Agitate d, looked grinnin g, can comm unicate well	Looks Relax, and follow the instru ctions thera pists	Pasien lebih nyam dan tenang	Patient s are more comfo rtable and quiet	Agitated , Looks grinning , holding the left chest, can not air commu nication (Therap y	Patient s can comm unicate properly after given Morphine treatm ent from doctor

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From the exposure of the comparison table on the results obtained, which walking guided imagery relaxation therapy may help lower scale of pain in patients with moderate pain nursing problems. And when patients with severe pain disorder can not be done walking guided imagery relaxation therapy because the patient is not able to focus related imagination.

DISCUSSION

Results of treatment of the above related to management in line with the theory of Perry Potter (2009) in novarenta (2013) who explained that the walking guided imagery is a way for a person's imagination in a planned specifically to achieve certain positive effects. Imagination is an individual which creates a mental picture of himself be guided. In addition Perry Potter also describes in his book, that when someone on until the pain scale 7-9 objectively clients can not follow orders, but someone is still able to show the location of pain and can not be described at the time. And it can not be solved with relaxation or distraction techniques. Besides the use of guided imagery walking can not concentrate on so many things at one time. Therefore the client must be imagine the strong

imagination and pleasant. This is reinforced by the physiological process of pain in Guyton and Hall (1997), he explained that the degree of a person's reaction to pain varies greatly. This situation is caused by the brain's own ability to suppress the magnitude of the pain signal coming into the nervous system, its by activating the control system pain (analgesia system). In a case study conducted by researchers at this time. at the beginning of guided relaxation therapy to patients with complaints of chest pain, the patients we spoke on the condition of a quiet, comfortable and beautiful memories related concentrations in patients. In the cozy conditions indirectly activating analgesia systems in the brain. At analgesia systems in the brain there are many areas that have a significant opium receptors. As for the material of opium in the analgesia system is endorphin, met-enkephalin, leu-enkephalin and dynorphin. The enkephalins material can be encountered and play a role in the brain stem and spinal cord to the analgesia system, while endorphin and dynorphin can be found in the hypothalamus and the pituitary gland. So analgesia system is helped block pain signals on pain signals in the spinal cord. So in patients who have done a walking

guided imagery relaxation technique capable quieter and adapt to pain. It can be concluded that walking guided imagery relaxation therapy can reduce the scale of chest pain in patients by stimulating the production of endorphins in the body which indirectly activating analgesia systems in the brain. The system has a function to block the pain signals going to the brain.

CONCLUSIONS AND RECOMMENDATIONS

Based on the results of a case study in get the conclusion that the Therapeutic Imagery Guided Walking Relaxtion is showed a decrease scale of chest pain in patients with chest pain A and patient B was experiencing severe chest pain can not be guided imagery relaxation techniques. Response during treatment of Guided Walking Imagery Relaxtion patients feel relaxed and calm so as to affect the reduction in scale of chest pain in patient A and patient B patients are unable to focus in the imagination because of severe chest pain. Advice for Patients, which this study can be used or applied independently at home is as an adjunct therapy that can be used as an alternative in reducing pain. For Hospitals result is expected to be research and can be used as a companion therapy in addition to

pharmacological therapy. For researchers Furthermore, this research is expected to serve as a basis or as a frame of reference in subsequent studies of reduction in pain intensity using Walking Guided Imagery Relaxation therapy.

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