

5. Instruct the patient to breathe several times normally.
6. Repeat the deep breath and exhale slowly through the mouth, allowing the legs and feet to relax.
7. Concentrate on feeling light every day.
8. Repeat step 6 while concentrating on the arms, stomach, back, and muscles.
9. Once your body feels relaxed, breathe normally again.
10. If the pain persists or worsens, notify the staff immediately.

### WARM COMPRESS

Apply a rubber bag filled with warm water or a towel soaked in warm water to the painful area. This can be followed by movement exercises or massage. Warm compresses can relax muscles, reduce or eliminate pain, and improve blood flow.

### COLD COMPRESS

Use cold water, a rubber bag, or towel applied to the painful area. Gently apply a cold compress for no more than 30 minutes. Cold compresses help control bleeding and swelling caused by trauma, reduce pain, and decrease nerve activity in the muscles.

### MASSAGE

Skin massage has the effect of reducing anxiety and muscle tension. This muscle massage stimulation will stimulate large diameter muscle fibers, so it can block or reduce pain.



## DOCTOR'S SCHEDULE



Scan here for online queue schedules and registration for non-insurers and those with insurance outside of BPJS Kesehatan. BPJS insurance users can register through **MOBILE JKN** which can be downloaded from the Play Store and App Store.

## PAIN MANAGEMENT WITHOUT MEDICATION

### OBJECTIVE

1. Reduces mild pain
2. Reduces moderate to severe pain when painkillers haven't worked
3. Increases physical and psychological relaxation

### HOW TO REDUCE PAIN WITHOUT MEDICATION

1. Position your body as comfortably as possible (e.g., half-sitting) and create a comfortable environment.
2. Relax all parts of your body as much as possible.
3. Close your eyes.
4. Take a deep breath and exhale slowly through your mouth, allowing your muscles to relax.

## WHAT IS PAIN?

Any painful bodily sensation, as described by the individual experiencing it, that exists whenever the individual describes it

## KIND OF PAIN

### ★ ACUTE PAIN

It is the result of acute injury, disease or surgery.

### ★ NON-MALIGNANT CHRONIC PAIN

Associated with tissue damage that is in the healing period

### ★ CHRONIC PAIN OF MALIGNANCY


Pain associated with cancer or other progressive disease processes




## PAIN MANAGEMENT



**RUMAH SAKIT TKIII 03.06.01 CIREMAI**

 0231-238335

 rsciremaicirebon

 rsciremai237@gmail.com