Implementation of Benson Relaxation Intervention to Reduce Pain in Post Sectio Caesarea Patients

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ABSTRACT

Introduction: Acute pain is a physiological problem found in patients undergoing surgery, one of which is sectio caesarea. Efforts are made to overcome this problem by applying the Benson relaxation technique.

Objective: This case study seeks to provide a detailed description of the benson relaxation intervention and its effectiveness in reducing pain in patients undergoing sectio caesarea surgery.

Method: The method used is descriptive qualitative, using case study techniques to review nursing care, with reference to the SDKI and SIKI books. The focus of this case study is on an individual, Mrs. N, a 28-year-old woman who underwent sectio caesarea, diagnosed with severe pain and received treatment at Teratai 2 Room of Banjar City Hospital. The case study was conducted from May 30 to June 01, 2024 using data collection strategies of interview, observation, physical examination and documentation study.

Result: After providing nursing care to clients who underwent sectio caesarea, the symptoms found at the time of assessment included surgical scar pain precisely in the lower abdomen. The nursing problem found is acute pain associated with physical injury agents, as mentioned in the SDKI book. Appropriate interventions to relieve the pain by doing benson relaxation. When the intervention takes place, the process runs smoothly until the assessment stage. At the evaluation stage there was a decrease in the pain scale from 6 to 3 (0-10).

Conclusion: The implementation of benson relaxation proved to be very helpful in reducing post sectio caesarea pain, as evidenced by the client's subjective recognition. This finding is consistent with previous writing, making it a valuable reference for further writing. Benson relaxation intervention can be an alternative way to reduce postoperative pain, one of which is in the case of post sectio caesarea pain experienced in hospitals and health centers.

Keywords: *Acute Pain, Benson Relaxation, Sectio Caesarea*

Introduction

Labor is the act of delivering a fully developed fetus either through the birth canal or outside it, with or without assistance (Amalia, 2016). Sectio caesarea is the surgical act of delivering a fetus by making an incision in the abdominal wall (laparotomy) and uterus (Riandari, Susilaningsih, and Agustina 2020). Sectio caesarea surgery is a surgical procedure that involves removing the baby through an incision made in the abdominal wall and uterus. This procedure is performed to maintain the health of the mother and fetus in various situations, such as when the mother has a narrow pelvis, preeclampsia, fetal distress, or when the fetal position is abnormal (Ramadhanti et al., 2022). Some argue that sectio caesarea involves surgically removing the fetus through an incision in the uterine wall, specifically through the front wall of the abdomen and vagina. Cesarean section (C-section) is a surgical procedure performed to remove the fetus from the uterus (Amalia, 2016). Based on the previously mentioned points of view, it can be concluded that cesarean section is a surgical procedure performed by removing the baby through an incision made in the abdominal wall and uterus.

According to the latest World Health Organization (WHO, 2021) data, there has been a global increase in the number of sectio caesarean procedures, which now account for more than one-fifth (21%) of all deliveries. The number of births by cesarean section is expected to continue to increase over the next ten years, accounting for around one-third (29%) of all births. The sectio caesarean delivery rate in Indonesia in 2018 was 17.6%. The rate of cesarean delivery in the West Java region was 15.5% (Suciawati, Tiara Carolin, and Pertiwi 2023).

The factors that lead to the need for sectio caesarea are due to several medical reasons that can be divided into indications related to the mother and indications related to the fetus. Medical indications for the mother include preeclampsia, premature rupture of membranes, narrow maternal pelvis, and obstruction of the birth canal. The indications for the fetus include: twin fetuses (resulting in a high-risk pregnancy), larger than average fetal size, fetal distress, abnormal fetal posture and fetal malpresentation (Prasetyanti 2023).

Delivery by *sectio caesarea* affects both the mother and the baby. Mothers who have undergone *cesarean section* will experience pain. The pain does not appear immediately after the completion of *cesarean* section surgery, but appears 2 hours after the completion of the delivery process. this incident is caused by the impact of anesthesia during the delivery process (Prasetyanti 2023).

Pain is a common nursing problem experienced by mothers after *cesarean section* surgery. Mothers usually experience several problems after *cesarean section* surgery, such as limited mobility, difficulty in caring for the baby and discomfort in finding a comfortable posture due to pain.

Pain management includes several strategies and interventions, which aim to alleviate or control pain. Pharmacological therapy refers to the act of administering analgesic drugs. Meanwhile, non-pharmacological therapies for pain management include distraction strategies, warm compresses, and relaxation techniques such as Benson relaxation (Widianti 2022).

The Benson Relaxation Technique was developed by Herbert Benson, a renowned researcher from Harvard Medical School who specialized in studying the efficacy of prayer and meditation. The effectiveness of Benson's relaxation technique relies on four main components: creating a calm and peaceful environment, allowing the patient to relax their muscles for 10-15 minutes, encouraging positive thoughts for relaxation and considering physiological variables and beliefs. This method is done by reciting rhythmic sentences

repeatedly as a means of surrendering to God Almighty. The phrase is intended to provide calmness for mothers after undergoing *sectio caesarea*.

Research conducted by Naili and Prasetyorini in 2023 found that throughout the implementation of nursing care on Mrs. A and Mrs. M focused on pain management with a duration of 3 days, in accordance with the formulation of the problem and the objectives of the case study. It is concluded that the application of the Benson relaxation technique can reduce the intensity of pain experienced by people who have undergone *sectio caesarea*. Respondent I experienced a decrease in pain from level 6 to 3, while respondent II experienced a decrease in pain scale from level 5 to 2.

Research conducted by Sholekhah, Mustikasari, and Yuningsih in 2023 found that after receiving an intervention for 3 days, Benson relaxation effectively reduced the pain of *post sectio caesarea* mothers at Karanganyar Regency Hospital. Patients reported a decrease in *post sectio caesarea* pain and a feeling of relaxation after the Benson relaxation technique.

Research conducted by Kamallia in 2022 involved the use of the Benson relaxation technique implemented over 3 consecutive days, with each session lasting between 10 to 15 minutes. The scientists conducted implementation and evaluation studies to monitor the impact of Benson relaxation. At the end of the evaluation, patients experienced a reduction in spinal cord pain from severe pain on a scale of 8 to moderate pain on a scale of 4. In addition, patients' sleep duration increased from 4 hours to 7 hours.

The description above explains that the Benson relaxation technique has a real impact in reducing the pain of *post sectio caesarea* mothers. Benson relaxation technique is a nonpharmacological method that is safe and efficient in relieving pain in mothers undergoing *sectio caesarea*. This technique is easily obtained and can be done independently by the patient. Therefore, the researcher is interested in conducting a case study of the application of the Benson relaxation technique to relieve pain in Mrs. N who has been medically diagnosed with *post sectio caesarea*, in Teratai 2 Room of Banjar City Hospital.

Objective

Overall, this case study aims to determine the description of how the benson relaxation technique can reduce pain in individuals undergoing *sectio caesarea*.

Method

The approach used in this case study is descriptive and qualitative. Descriptive qualitative writing is a method in which researchers examine events and phenomena in a person's life and obtain narratives from a person or group of individuals about their experiences (Rusandi & Muhammad Rusli, 2021).

The author used a case study methodology that utilized a nursing care approach. The writing involved systematic data collection, starting with assessment, followed by diagnosis formulation, planning, action implementation, and evaluation. Assessment was conducted to gather information and establish basic data about the client, client's family, and client's status sheet through interview, observation, physical examination, and documentation study. Nursing diagnoses are obtained from the Nursing Diagnosis and Intervention Standards (SDKI) by analyzing the available data. Interventions were derived from the Indonesian Nursing Intervention Standards (SIKI) and Indonesian Nursing Outcome Standards (SLKI). Nursing implementation was modified according to the nursing intervention plan, and assessment was recorded using the Subjective, Objective, Assessment, Planning, Implementation, Evaluation, and Reassessment method or known as (SOAPIER).

The case study was conducted on a *post sectio caesarea* patient in Teratai 2 Room of Banjar City Hospital for 2 days on May 30 to May 31, 2024 and continued with home care for 1 day on June 1, 2024. Prior to receiving the explanation, the client indicated her willingness to participate as a respondent by providing informed consent.

Numeric Rating Scale (NRS) is used as a measuring tool to assess the level of pain before and after giving Benson relaxation. Benson relaxation is carried out with a duration of 10-15 minutes, with the client taking a semi fowler position for maximum comfort. Clients are instructed to close their eyes and relax their muscles. Then inhale through the nose for 3 seconds, hold the breath for 4 seconds and exhale slowly through the mouth while reciting a prayer. Next, perform the procedure repeatedly.

Results
Assessment

The results of the assessment obtained on Mrs. N, 28 years old, a housewife, Muslim, married and residing in Langensari, Banjar City with a medical diagnosis of *post sectio caesarea*. All information is obtained from the client and family with the person in charge of Mrs. A as the mother-in-law.

The client's main complaint on May 30, 2024 was discomfort due to the *sectio caesarea* incision on the lower abdomen, with a pain level of 6 on a scale of 0 to 10. The findings of the Composmentis general consciousness examination are as follows: Blood pressure (BP) 120/80 mmHg, heart rate (N) 96 times per minute, breathing (P) 20 times per minute, and body temperature (S) 36.7 degrees Celsius. Based on the client's medical history, her family does not have a history of the same disease, nor does she have genetic diseases such as DM and hypertension. The client had menarche at the age of 12, with the menstrual cycle lasting 28 days and a duration of 6-7 days. Pregnancy history G1P1A0 with HPHT: July 15, 2023 and HPL: April 22, 2024. Activity patterns were slightly disrupted due to the post sectio caesarea pain. From the results of a complete blood laboratory examination there is an abnormal type of examination, namely leukocytes 25.5 thousand / mm^3 while the normal value is 4,000-11,000 thousand / mm^3 .

Nursing Diagnosis

The nursing diagnosis identified during the assessment was acute pain caused by physical damage agents, in accordance with the Indonesian Nursing Diagnosis Standards (SDKI).

Table 1. Nursing Diagnosis

Data	Etiology	Problem

Subjective Data :
- The client said the surgical wound was painful
- Client complains of pain on movement
Objective Data :
- There was a postoperative wound on the lower abdomen
- Client grimaces during movement
- Pain scale 6 (0-10)
- Vital Signs
    BP : 120/80 mmHg
    P : 96x/menit
    R : 20x/menit
    T : 36.7ºC
	Postoperative wound
	↓
	Incision on the abdomen above the pubic symphysis
	↓
	Discontinuity of body tissue
	↓
	Pain
		Acute Pain (D.0077)

Intervention

After establishing a nursing diagnosis, the next action is to develop nursing interventions that can be carried out on the problem of acute pain taken from (SIKI).

Table 2. Nursing Interventions

Nursing Diagnosis	Objective and Outcome Criteria	Interventions
Acute pain associated with a physical injury agent (D.0077)	Pin relief of reduction with outcome criteria: 1. Reduced pain 2. Calm facial expression 3. Tenderness disappears	1. Identify the location, characteristics, frequency, intensity of pain 2. Observation of vital signs 3. Identify the pain scale 4. Provide the most comfortable position possible 5. Provide non-pharmacological techniques (benson relaxation) 6. Teach non-pharmacological techniques (benson relaxation) 7. Collaborative administration of analgesics, if necessary

Implementation

In the process of implementing nursing the client is focused on performing benson relaxation techniques. The goal is for clients to understand and perform these techniques effectively, resulting in positive outcomes and responses.

Evaluation

After a three-day intervention, the client's pain level was assessed using the Numeric Rating Scale (NRS). The findings showed a decrease in Mrs. N. On the initial day, the intensity of the pain scale was 6 to 5 (0-10). On the following day, the pain level decreased on a scale of 5 to 4 (0-10). And on the third day, the pain decreased from 4 to 3 (0-10).

Discussion

The following is the process of action on Mrs. N, 28 years old with a medical diagnosis of *post sectio caesarea* in the Teratai Room 2 of Banjar City Hospital May 30-31, 2024 and continued therapy at home for one day on June 01, 2024. The client and family were cooperative in carrying out activities at the time of implementation so that it was easier to implement.

The first stage of the nursing process known as assessment seeks to identify the client's problem through data collection activities, data grouping, and formulation of a nursing diagnosis as a statement about the problem. Writing on Mrs. N, 28 years old, produced subjective data showing that the client complained of *post sectio caesarea* pain in the lower abdominal area; the pain changed depending on movement and rest. The client's objective data showed that the client grimaced in pain and felt pain like being cut with a pain scale of 6 (0-10). History Merache cycle 28 days and menstrual period 6-7 days at the age of twelve years Pregnancy history G1P1A0 with HPHT July 15, 2023 and HPL April 22, 2024.

These facts suggest there are no gaps compared to the theoretical difficulties. This approach argues that it is the client's sense of what they are doing after *sectio caesarea* that gives rise to the sensation of pain. *Post cesarean section* clients commonly report pain in the surgical area. Of the clients, more than 60% experienced severe pain, 25% experienced moderate pain, and 15% experienced mild discomfort. In the view of researchers, caesarean section will cause damage (Ramadanty 2019), in line with the hypothesis that pain arises from the process.

The second stage is to develop a nursing diagnosis which is carried out after collecting assessment data on Mrs. N based on the analysis obtained, the diagnoses that arise researchers find real case reviews with *post sectio caesarea* on day 3, acute pain characterized by clients complaining of pain in the post *sectio caesarea* wound area, clients say pain is felt when moving and decreases at rest; postoperative incision in the lower abdomen; client grimaces when moving; pain scale 6 (0-10).

Based on the current view, the facts found support the existence of a link between the diagnoses in the case of *post sectio caesarea*. The facts found during the assessment period revealed a nursing problem: acute pain associated with physical injury agents because the pain experienced during *sectio caesarea* comes from the abdominal wound.

After collecting data and determining the diagnosis, the next stage is nurse intervention, namely planning activities to be carried out. Based on the theory of pain problems, nursing planning that will be carried out includes identifying location, characteristics, frequency, providing the most comfortable position possible, Benson relaxation techniques and collaborative analgesic administration.

In this case study, the authors emphasize the Benson relaxation technique to reduce pain. The Benson relaxation technique is based on the element of patient trust, which can produce an appropriate internal environment to help patients achieve higher degrees of health and well-being (Puspita, Wardhani, Ajeng KDiniyati, and Sari 2023).

Fourth, after the nursing care plan that emphasizes planning to determine the desired outcome, nursing implementation is the fourth phase. In this case, nursing care is implemented based on the planned strategies developed earlier.

Compared to pharmacological approaches that have significant side effects, the Benson relaxation technique is a non-pharmacological method that is quite successful in reducing pain in *post sectio caesarea* clients.

The final phase of the nursing process, evaluation allows the author to determine whether or not the goals of the action plan have been achieved. Although it is the final step, evaluation not only highlights issues that require review, planning, implementation and re-evaluation (Dermawan, 2020).

The client said the *post sectio caesarea pain* had decreased and objective complaints of pain when moving like being cut, pain in the abdomen, pain scale 3 disappeared, the problem was partially resolved. Evaluation results obtained by researchers after 3 days of treatment of *post sectio caesarea* clients.

Conclusion

After conducting acute pain nursing care in Teratai 2 Room of Banjar City Hospital on May 30 - 31, 2024 and continued with home care (home visit) on June 01, 2024, the researcher found that the pain scale decreased after the application of the Benson relaxation technique to the patient. the client suffered from post-cesarean section pain. Before the intervention, the pain scale was 6; after the nursing intervention, the pain scale decreased to 3 through NRS.

Acknowledgement

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