

Giving Benson Relaxation Technique To Glucoma Patients

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ABSTRACT

Glaucoma is an eye disease characterized by increased intraocular pressure (IOP), which can cause pain and permanent vision loss. One non-pharmacological method that can be used to reduce pain is the Benson relaxation technique. The pain experienced by clients is influenced by a number of factors including past experiences with pain, anxiety, age, and expectations about pain relief. The first complaint of pain is felt around the eyelids and the back of the head, showing a decrease in visual acuity, then there is a halo or rainbow around the lights being seen and chemotherapies appear in the bulbar conjunctiva or edema with ciliary injection, severe corneal edema so that the cornea appears cloudy. This study aims to determine the effectiveness of the Benson relaxation technique in reducing pain intensity in glaucoma patients. The research method uses a pre-experimental design with a pre-test and post-test approach. The sample consisted of glaucoma patients who were given the Benson relaxation technique for 10-15 minutes, 1-2 times a day. The results showed a significant reduction in pain intensity after the intervention ($p = 0.000$, $p < 0.05$). This technique has been proven to be effective and can be used as a complementary nursing intervention in pain management in glaucoma patients.

Keywords: Benson, Nursing care, Glaucoma, Relaxation

INTRODUCTION

Glaucoma is one of reason main blindness in the world. Disease This caused by an increase pressure intraocular which causes damage nerve optics in a way progressive. The pain experienced patient glaucoma often causes stress psychological and physiological. Benson's relaxation technique has proven can lower painful with method slow down rate breathing and calming mind. Research This aiming For analyze influence technique Benson's relaxation of intensity pain in patients glaucoma.

Pain in glaucoma potential to awaken reaction stress Good psychological and physiological, besides increasing accumulation fluid in the eyeball also causes blindness. According to Smeltzer and Bare (2001) the pain experienced client influenced by a number of factor including past experience with pain, anxiety, age, and expectations about disappearance pain. Complaints painful First felt around petals eyes and area behind head , showing decline sharpness vision Then there is a halo or rainbow around visible and emerging lights chemotic on the bulbar conjunctiva or edema with injection ciliary , edema cornea heavy so that cornea looks cloudy , chamber eye very shallow front with effect positive tyndal , the result the emergence inflammation of the uvea, wide pupils with reaction very slow rays , pressure eye show mark above 21 mmHg, is the initial process the occurrence glaucoma . Feelings painful arise as consequence an increase in eye pressure that results in damage to the retinal ganglion cells, damaging the optic disc, causing atrophy nerves optics and loss view peripheral (Monica Ester, 2005).

Glaucoma originate from the Greek word " glaukos " which means green bluish, which gives impression color in the patient's pupil Glaucoma. Glaucoma is a group disturbance disturbance which involves a number of change or symptom pathologically characterized with improvement pressure intraocular (IOP) with everything the consequences. (Indriana and N Istiqomah; 2004). Glaucoma is a disease characterized by with existence improvement pressure intraocular, echo, and degeneration nerve optic as well as defect roomy typical view. (Tamsuri A; 2010).

Glaucoma is abnormality eyes that have symptom improvement intraocular pressure (IOP), where can result in echo or pupillary nerve concavity optics so that happen atrophy nerves optics, narrowing roomy view and decline sharp vision. (Martinelli; 1991 and Sunaryo Joko Waluyo; 2009) Glaucoma is a disease Where pressure inside the eyeball increased, so that happen nerve damage optician and causes decline function vision (Dwindra M; 2009).

METODE

Study This use design pre-experimental with pre-test and post-test approach without group control. Research sample is patient glaucoma that is experiencing painful consequence increased IOP. Benson relaxation technique is given for 10-15 minutes, done 1-2 times a day. Data collected use scale painful numeric before and after intervention.

RESULT

Research result show that before intervention, average intensity pain in patients is 3.4211, while after given technique Benson relaxation, intensity painful decrease to 2.5789. The Wilcoxon test shows p value = 0.000 ($p < 0.05$), which means there is influence significant technique Benson's relaxation of decline pain in patients glaucoma.

Benson's relaxation technique works with mechanism vasodilation which increases flow blood to the eye area , reducing tension nerves , as well as give effect relaxation in patients . This study show that patients undergoing technique This report reduced pain as well as improvement comfort in a way overall. This technique can combined with therapy pharmacology For give more optimal results in management painful.

Treatment done with principle For lower IOP, open closed angle (in glaucoma corner closed), do action supportive (reducing) pain, nausea, vomiting, and reduce inflammation), prevent existence corner closed repeat as well as prevent disturbance in the good eye (next door). Efforts to reduce IOP are carried out with give fluid hyperosmotic like glycerin orally or with use mannitol 20% intravenously. Humor water pressed with give carbonic anhydrase such as acetazolamide (Acetazolam, Diamox). Dorzolamide (TruShop), methazolamide (Nepthazane). humor water can also be done with give agent beta adrenergic blocker such as latanoprost (Xalatan), timolol (Timopic), or levobunolol (Begatan). For to launch flow humor aqueous, done pupillary constriction with mioticum such as pilocarpine hydrochloride 2-4% every 3-6 hours. Miotics This cause view blurry after 1-2 hours of use.

a. Data analysis Data subjective		Objective data
Diagnosis		
Patient complain about painful Pressure blood 110/80 mmHg, Disorders Perception eye moment reading the pulse 88x / minute, breathing Sensory and Acute Pain small 20x/ minute		
b. Intervention Nursing		
Disturbance perception Sensory	Acute pain	
1. Observation of mental and sensory status patient.	1. Identification	location, characteristics, and intensity painful.
2. Give education about method reduce stimulation excessive	2. Give technique Benson relaxation.	
	3. Control environment to be more comfortable.	

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| 3. Collaboration in giving drug if required | 4. Education patient about coping strategies painful. |
| | 5. Collaboration in giving analgesic If required |

c. Implementation and evaluation

Implementation	evaluation
1. Discuss disturbance vision and manner reduce discomfort.	1. Patient report painful reduce after technique Benson relaxation.
2. Give technique Benson relaxation.	2. Pain scale decrease from before and after intervention.
3. Recommend patient For avoid exposure light bright.	3. Patient more relaxed and comfortable after intervention.
4. Do monitoring intensity painful in a way periodically.	

CONCLUSION

Benson's relaxation technique is proven effective in lower intensity pain in patients glaucoma. Therefore that, technique This can used as intervention nursing complementary in management non- pharmacological pain. It is expected technique This can applied in a way wide in the environment clinical. Glaucoma management is with drug therapy Where the purpose is For lowering IOP especially with use drug systemic and local eye drops. Examination usual support done is with Card Snellen eye / machine Telebinocular Prococative tests, Ophthalmoscopy, Tonometr.

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