

Nursing Care of Gastritis Patients with the Application of Deep Breath Relaxation Techniques

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Submitted: 17 May 2023

Accepted: 19 May 2023

Published: 25 May 2023

Citation: Muhammad saleng, Sitti Mukarramah, Fitriati Sabur, I takko Podding, Muhammad Azikin, Abidin, Muhammad Nasir, Muhammad Nuralamsyah¹, Abd Rahman¹, Syarifuddin¹ (2023). Nursing Care of Gastritis Patients with the Application of Deep Breath Relaxation Techniques, *J of Clin Case Stu, Reviews & Reports* 1(1), 01-04.

Abstract

One of the health problems we face today is digestive tract diseases such as gastritis. People generally know gastritis as heartburn, which is a disease that they think is not a big problem. This study aims to describe nursing care for gastritis patients by applying deep breathing relaxation techniques using descriptive methods with more emphasis on factual data than on conclusions by explaining or describing the study objectively to obtain a research result. From the results of the research conducted, it shows that deep breathing relaxation techniques can reduce pain intensity in both patients where these results are in line based on existing theory. By looking at the cases above, the role and cooperation starting from an early age.

Keywords: Gastritis, Case Study, Relaxation Techniques, Deep Breathing

Introduction

One of the health problems we face today is digestive tract diseases such as gastritis. People generally know gastritis as heartburn, which is a disease that according to them is not a big problem, for example if they feel stomach pain, they will immediately overcome it by eating rice, then the pain will go away. If gastritis is not treated quickly, it can cause bleeding (hemorha gastritis) so that a lot of blood comes out and collects in the stomach, besides that it can also cause stomach ulcers, stomach cancer which can cause death [1,3].

Gastritis is a disease that often occurs in society, such as in adolescents, people who are stressed, because stress can cause stomach acid production, consumption of alcohol and non-steroidal anti-inflammatory drugs [4]. Most cases of gastritis do not permanently damage the lining of the stomach, but someone who suffers from gastritis often experiences recurrence attacks which result in pain in the pit of the stomach [5].

According to the world health organization (WHO) in 2012 a review of several countries in the world and obtained the percentage results of the incidence of gastritis in the world, including England 22%, China 31%, Japan 14.5%, Canada 35%, and France 29.5%. In the world, the incidence of gastritis: around 1.8-2.1 million of the total population each year. The incidence of gastritis in Southeast Asia is around 583,635 of the total population each year. Currently, Indonesia is facing an epidemiological problem, namely a shift in disease patterns from communi-

cable diseases to non-communicable diseases (PTM). Increasing urbanization, modernization, and globalization. Gastritis is one of the most common digestive health problems [6].

Basic health research (Riskesdas) in 2021 conducted interviews to calculate the proportion of gastritis at the age of 20 years and over, define gastritis if you have ever been diagnosed with stomach pain nausea vomiting by a doctor or have never been diagnosed with stomach pain nausea vomiting by a doctor but in the past month experience symptoms of nausea vomiting abdominal pain in large numbers. The incidence of gastritis in several regions in Indonesia is quite high with a prevalence of 274,396 cases out of 238,452,952.

Gastritis patients often complain of pain in the pit of the stomach, burning sensation which in turn causes the patient's productivity and quality of life to decrease. Pain is especially when the stomach is empty and when stressed. Epigastric pain of various types, such as being cut by a knife, squeezed or maybe something feels hot like burning. The pain scale depends on the extent of the ulcer depth, the volume of stomach acid. The deeper the threat of irritation can affect the threat of innervation so that it triggers a fairly strong pain sensation, namely [6-9]. Complications of gastritis often occur if the disease is not handled optimally so that it can cause gastritis to develop into a peptic ulcer which in turn has complications of bleeding, peritonitis and even death.

Some of the techniques used to eliminate or reduce the pain scale can use therapy, namely pharmacology and non-pharmacology.

The main goal in the treatment of gastritis is to relieve pain, eliminate inflammation and prevent the occurrence of peptic ulcers and complications [10]. One of the independent actions that can be carried out by nurses to help clients is by using Pain Management to eliminate or reduce pain and increase comfort. Using therapeutic communication to find out the patient's pain experience, namely by using distraction and relaxation techniques (Using deep breathing) [11].

Method of Research

The research method in compiling this Scientific Writing, the author uses a descriptive method that describes case studies. The descriptive method is to describe (describe) events that are carried out systematically and emphasizes factual data rather than conclusions. Phenomena are presented as they are without manipulation and research does not try to analyze how and why these phenomena can occur [12].

This descriptive method aims to find out the procedures for implementing Deep Breathing Relaxation Techniques in Nursing Care of Gastritis Patients in the working area of the Lumpue Health Center, Parepare City. The subjects of this case study research were patients with gastritis in the working area of the Lumpue Health Center, Parepare City. The data collection method used in this study is as follows:

- Observation, carried out using instruments, namely nursing care records that will be carried out in patients with gastritis.
- Interview with a structured nature following the assessment on Gastritis Nursing Care.
- After collecting the data, the researcher will present the data in the form of a research report/case study on the application of relaxation techniques, especially deep breathing in patients with gastritis in reducing pain according to the design of nursing procedures. In conducting this research, the researcher will maintain the secrecy of data sources starting from the respondent's consent, the respondent's name, so that the respondent feels comfortable and is free to express his opinion.
- Improved consent (approval sheet)
- Researchers asked participants to sign the research consent form after the participants stated their availability to participate in the study.
- Anonymity (no name)
- To maintain the confidentiality of participation, the name and code were not included in the collection sheet.
- Confidentiality (secrecy) Confidentiality of information that has been collected from participants is guarded by researchers. Data is only presented or reported in the form of groups related to this research.
- Result.

This case study was carried out from May to July 20 21, while the observation of patients was carried out on 4-6 July 20 21 in the working area of the Lumpue Health Center, Parepare City. The subject of this case study consisted of two patients, namely Mrs. "L" and Mrs. "p" with the same disease which will compare the theoretical review with the reality found at the Puskesmas.

Based on the Results of this Case Study, the Data Obtained From the two Patients are as Follows

1. Patient identity
a. Patient 1
Name : Mrs "L"
Age : 23 Years
Education : High School
Occupation : IRT
Tribe : Bugis
Religion : Islam
Address : Jl. Gen. Muh. Yusuf
Medical Diagnosis : Gastritis

History of the disease, the patient Mrs "L" said pain in the pit of the stomach, pain like stabbing and intermittent, pain increases when pressed, vomiting 5 times since yesterday, lack of appetite, pain scale 7 (0-10), the client looks grimacing with pain, BP: 100/60 mmHg, Temperature: 36°C, Pulse: 80 x/minute, P: 20 x/minute.

Patient 2

Name : Mrs "P"
Age : 18 Years
Gender : Female
Marital Status : Not Married
Education : High School
Tribe : Bugis
Religion : Islam
Address : Lumpue
Medical Diagnosis: Gastritis.

History of the disease, the patient Mrs "p" said pain in the solar plexus translucent, pain scale 6 (0-10), the patient said he felt better when he was made to lie down, the pain increased when the patient moved a lot, the patient looked grimacing in pain, weak, and seen holding stomach, lack of appetite, vomited 4 times, BP: 120/80 mmHg. Temperature: 36.2°C, Pulse: 84 x/minute, and P: 20 x/minute.

The results of direct observation for three days (4-6 July 20 21) regarding nursing care, especially the implementation of deep breathing relaxation techniques for the two patients, where one of the patients showed a fairly good change during the three days of observation, namely patient Mrs "P" , 18 years old, all of the symptoms associated with Gastritis began to decrease completely while the other patient on behalf of Mrs "L", 23 years old, had not seen any changes during the three days of observation where the complaints were; heartburn and looks grimacing have not completely disappeared even though the other complaints have improved.

Based on the results of this case study, it was an observation using a checklist which was filled in by the researcher by considering the patient's condition comprehensively and noting all changes that might have occurred during this observation activity.

The general description of the application of deep breathing relaxation techniques to Mrs "L" and Mrs "p" can be seen in the following table.

a. Patient Mrs "L"

Table 4.1: Observation checklist in patient Mrs. "L" with nursing care in gastritis patients with the application of deep breathing relaxation techniques in the working area of the Lumpue Health Center Parepare City 2021

Complaints/Symptoms	Observation Day To		
	I	II	III
Heartburn	Not enough	Not enough	Not enough
Vomit	Not enough	Good	Good
Anorexia	Not enough	Not enough	Good
grimace	Not enough	Not enough	Not enough

Source: Primary Data 20 21

Based on table 4.1 above, it shows that the results of observations for three days from 4-6 July 20 21 were carried out on the patient Ny "L", on the first day of observation (4 July 20 21) from 4 complaints in poor condition, such as; Heartburn, Vomiting, anorexia, and grimacing, the second observation (5 July 20

21) out of 4 complaints there was 1 complaint that was good, namely vomiting, and observation on the third day (6 July 20 21) out of 4 complaints there were 2 complaints that has improved namely vomiting and anorexia.

b. Patient Mrs. "P"

Table 4.2: Observation checklist in patient Mrs. "P" with nursing care in gastritis patients with the application of deep breathing relaxation techniques in the working area of the Lumpue Health Center Parepare City 20 21

Complaints/Symptoms	Observation Day To		
	I	II	III
Heartburn	Not enough	Not enough	Good
Vomit	Not enough	Good	Good
Anorexia	Not enough	Not enough	Good
grimace	Not enough	Not enough	Good

Source: Primary Data 20 21

Based on table 4.2 above , it shows that the results of observations for three days from 4-6 July 20 21 were carried out on the patient Mrs "P", on the first day of observation (4 July 20 21) from 4 complaints in poor condition, such as ; Heartburn, Vomiting, anorexia, and grimaces, the second observation (5 July 20 21) out of 4 complaints there was 1 complaint that was good, namely vomiting, and observation on the third day (6 July 20 21) out of 4 complaints was good, namely; Heartburn, anorexia vomiting, and grimacing.

City Health Center in Parepare, these two patients were declared to have Gastritis, requiring medication therapy from a doctor. During treatment at the hospital the patient showed signs that were quite good, during the 3 days of observation the patient Mrs "L" was seen still requiring further treatment services to the doctor. Patients are still encouraged to apply deep breathing relaxation techniques to reduce the pain felt by the patient.

Based on the results of observations using a checklist conducted on 4-6 July 2021 for the two patients (Mrs "L" and Mrs "p"), the patient on behalf of Mrs "L" had not shown any signs of good gastritis, so during the last day of observation we recommend that you always monitor the patient's condition comprehensively and always communicate with health workers at the puskesmas to continuously monitor Mrs "L"'s patient.

- b. The main problem in nursing care for both patients is acute pain associated with gastritis.
- c. The purpose of nursing care is to find out the general description of nursing care in Gastritis patients by applying deep breathing relaxation techniques to help reduce pain intensity in patients.
- d. The implementation of nursing care for both patients is teaching and advising patients to do deep breathing relaxation techniques to help reduce pain intensity in Gastritis patients. After being carried out for three consecutive days the patient said he was willing to apply deep breathing relaxation techniques during his healing process.
- e. Evaluation after being carried out for 3 consecutive days the patient understands and understands the benefits of applying deep breathing relaxation techniques for Gastritis patients.

2. Case Study Report

a. Based on the data we obtained during the observation, direct interviews with the family, and using checklists on the two patients, we recommend that we apply deep breathing relaxation techniques as long as the patient is still experiencing gastritis. After examining themselves at the Lumpur

Discussion

Based on the data obtained after observing for three days, then analyzing all the data from the case study subjects using the method of observation, interviews, and using checklists. Each data finding is obtained and interpreted in narrative form (use of sentences) [13-16].

- Patient Mrs. "L" in applying deep breathing relaxation techniques to Gastritis patients, this does not conflict with the theory about the benefits of implementing deep breathing relaxation techniques for Gastritis patients.
- Patient Mrs. "P" also underwent the same treatment regarding the application of deep breathing relaxation techniques for Gastritis patients who still had not shown signs of complete recovery in Gastritis because the patient still complained of pain in his stomach.
- There are several things that limit the author in conducting case studies regarding the application of deep breathing relaxation techniques in Gastritis nursing care for Mrs "P" and Mrs "L", including:
- Limitations in communicating with patients because there are often sentences that researchers cannot understand.
- Research time is limited so that the assessment process to evaluation is not carried out optimally. Therefore, the results are less than perfect and satisfactory.

Acknowledgment

Many thanks to the Director and Vice Directors of Makassar Health Polytechnic.

Funding

This study is using self-funding.

Conflict of interest

There is no conflict of interest in this study

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