**APPLICATION OF FOOT AND HAND MASSAGE TO REDUCE PAIN IN PATIENTS WITH ACUTE MYOCARDIAL INFARCTION (AMI)**

**AT BRATANATA JAMBI HOSPITAL**

STUDY PROGRAM OF DIPLOMA III NURSING

HIGH SCHOOL OF HEALTH SCIENCES GARUDA PUTIH JAMBI

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**ABSTRACT**

**Background :** Myocardial infarction is a condition caused by insufficient blood flow over a sustained period, resulting in oxygen deprivation to the tissues and leading to myocardial tissue death. One common complaint experienced by patients with acute myocardial infarction is pain, ranging from mild to severe. The effort made to manage pain in patients is the application of foot and hand massage, which is beneficial in reducing pain complaints.

**Objective :** The purpose of this Scientific Paper is to analyze nursing care in patients with acute myocardial infarction using foot and hand massage techniques to reduce chest pain intensity at Bratanata Hospital Jambi.

**Method :** This study employed a descriptive method, with one patient suffering from acute myocardial infarction as the subject and the intervention was carried out for two days.

**Results :** After the application of foot and hand massage on Mr. S, there was a reduction in moderate pain (6) to mild pain (4).

**Conclusion :** The application of foot and hand massage can reduce pain in Mr. S with acute myocardial infarction.

**Suggestion :** The researchers hope that this study can provide input for the community, education, and other researchers to apply foot and hand massage aimed at reducing pain in patients with acute myocardial infarction

**Key words : foot and hand maasage, Acute Myocardial Infarction, Pain**

**Referency : 24 books (2012-2022), 9 journals (2010-2022)**