
Original Articles: Case Study

**EVALUATING THE IMPACT OF EMOTIONAL FREEDOM TECHNIQUE (EFT)
ON POST-CESAREAN SECTION PAIN MANAGEMENT: A CASE STUDY AT
JEMURSARI ISLAMIC HOSPITAL, SURABAYA**

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1120022003@student.unusa.ac.id**Keywords:**

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Page Number: 25-33**Abstract**

Introduction: Problems that arise during post-cesarean section procedures due to incisions caused by tearing of the abdominal wall tissue and uterine wall can cause changes in continuity so that the mother feels pain due to the surgery.

Objective: This study analyzes the impact of the Emotional Freedom Technique (EFT) therapy on managing post-cesarean section pain in a patient at Jemursari Islamic Hospital, Surabaya.

Methods: The research employed a case study design focusing on a single patient, Mrs. M, with acute post-operative pain. Data collection methods included assessment, observation, anamnesis, and interviews. The EFT intervention was administered once daily for three consecutive days, with each session lasting 30 minutes.

Results: The results indicated a reduction in pain intensity from a score of 4 to 2 on the pain scale.

Conclusions: While these findings suggest that EFT may be an effective non-pharmacological pain management tool, the study's limitations—including the small sample size and absence of a control group—necessitate further research with larger, controlled trials to validate these results.

INTRODUCTION

Pain management following a cesarean section is crucial due to the significant discomfort caused by surgical incisions in the abdominal and uterine walls. While pharmacological approaches, such as analgesics, are commonly used, they may not always be sufficient, prompting the exploration of alternative, non-pharmacological interventions. The Emotional Freedom Technique (EFT), a form of psychological acupressure, has gained attention for its potential in managing pain and emotional stress. This study seeks to evaluate the effectiveness of EFT in reducing post-cesarean section pain, using a case study from Jemursari Islamic Hospital, Surabaya.

According to WHO (World Health Organization) data in 2020, the average standard for SC (Sectio Caesarea) operations is around 10-15%, in 2021 it will increase by 22.5%, even data from the WHO Global Survey on Maternal and Perinatal Health shows 46.1% of all 3,509 cases of births were

delivered by SC (Section Caesarea). According to RISKESDAS data in 2021, the rate of SC (Section Caesarea) deliveries was 49,063 cases. In East Java, Surabaya Government Hospital, it was recorded that around 35.7% of mothers gave birth by SC operation (Section Caesarea) (Medina, 2020). A preliminary study conducted in the Mawar room at the Jemursari Islamic Hospital, Surabaya in the last month, November 21-December 4 2022, showed that almost 35 postpartum patients underwent a cesarean section (SC) delivery and the rest underwent a normal delivery.

Problems that arise during post-cesarean section surgery due to incisions caused by tearing of the abdominal wall and uterine wall tissue can cause changes in continuity so that the mother feels pain due to the surgery. Pain is a sensory experience and an unpleasant personal emotional feeling condition. Pain is subjective because each individual expresses it differently according to the scale and level of pain felt. Several factors can influence the form of pain response, for example, anti-pain, level of pain perception, physical and mental health, fear, anxiety, age, etc. (Andini, 2022).

Management of pain in the mother's post-cesarean section is carried out using pharmacological and non-pharmacological therapy. Pharmacological pain management uses analgesic drugs both intravenously and intramuscularly. However, routine use of analgesics as a therapy to control pain is not enough, patients still experience severe pain so additional therapy and other interventions are needed. Complementary therapies have recently been developed and used in the world of nursing as alternative non-pharmacological pain management options. Emotional Freedom Technique (EFT) therapy known as tapping therapy with fingertips which was developed by Gary Craig in 1990, is a therapy that quickly (Latifah & Ramawati, 2021).

Emotional Freedom Technique therapy does not require using needles, but only aligning the body's energy system at the body's meridian points by tapping with the fingertips. EFT therapy can help individuals overcome and manage stress and can also reduce the risk of physical health problems and relieve pain (Latifah & Ramawati, 2021).

METHODS

Study Design

This study utilized a case study design, focusing on a single patient to explore the application of EFT in managing post-cesarean section pain. Although this design is appropriate for an exploratory investigation, its limitations in generalizability must be acknowledged.

Settings

The duration of EFT therapy for clients is once daily for three days, with each session lasting 30 minutes in the Jemursari Islamic Hospital Surabaya.

Research subject

The study involved one patient, Mrs. M, a 25-year-old woman experiencing acute pain following a cesarean section. The limited sample size restricts the ability to generalize the findings to a broader population

Instruments

Pain intensity was measured using a standardized pain scale, although the specific tool used was not detailed, which is a methodological gap that should be addressed in future research.

Data collection

Data collection methods included comprehensive assessment, observation, anamnesis, and structured interviews.

Data Analysis

EFT therapy was administered once daily for three days, with each session lasting 30 minutes. The intervention involved tapping on specific meridian points while the patient focused on the pain and expressed affirmations. The study did not include a control group, which limits the ability to establish a causal relationship between the intervention and the observed outcomes.

Ethical Consideration

Informed consent was obtained from the patient and their family, ensuring confidentiality and anonymity throughout the study. The research adhered to ethical guidelines to protect the patient's rights and well-being.

RESULTS

The study found a reduction in pain intensity from a score of 4 to 2 on the pain scale after three days of EFT therapy. While these results are promising, the absence of a control group and the small sample size limit the ability to draw definitive conclusions. Further, the results are presented descriptively without statistical analysis, which would be necessary to validate the findings in a more robust study.

DISCUSSION*Analysis of Nursing Care for Mothers Post Sectio Caesarea*

Based on data obtained by Mrs. M, 25 years old, first complained of post-cesarean section wound pain (P: pain appears during activities, such as defecating and urinating, Q: pain like being stabbed by a knife, R: pain in the birth canal, S: 5, T: disappears). The patient appears to be grimacing, the patient appears to be in pain, there are no signs of infection, there are neat stitches and they are still wet.

This is the opinion of Octasari & Inawati (2021) Surgery in cesarean section causes changes in tissue continuity and pain. Pain is an unpleasant sensory and emotional experience. Pain indicates damage or injury. Pain arises due to stimulation by analgesic substances on pain receptors which are

often found in the superficial layers of the skin and several tissues in the body. Post-cesarean section pain occurs with mild to severe intensity.

Post cesarean section patients will complain of pain in the incision area which is caused by the tearing of tissue in the abdominal wall and uterine wall. Post-cesarean section pain experienced by mothers will have negative impacts such as limited mobilization, impaired ADL delays in bonding attachment, and early initiation of breastfeeding.

The results of Mrs. M were found to be the main nursing diagnosis, namely, acute pain related to a psychological injury agent (SC surgical procedure) indicated by the client saying P: pain occurs during activity, such as defecation and urination, Q: pain like being stabbed by a knife, R: pain in the lower abdomen, S: 5, T: Came and goes, the client appears to grimace, the client appears to be careful with his movements, appetite changes according to the opinion of the incision. Pain in the incision area is a complication that arises after a cesarean section, thrombosis will occur, there will be a decrease in functional ability, decreased elasticity of the abdominal muscles and pelvic floor muscles, bleeding, bladder injuries, infections, swelling in the lower extremities, and lactation disorders. Post caesarean section you will complain of pain in the area on the side which is caused by tearing of the tissue in the abdominal wall and uterine wall. Surgical procedures that increase pain such as infection, distension, and muscle spasms around the area.

Nursing intervention to overcome acute pain nursing problems is the Emotional Freedom Technique or what can be called tapping therapy which is by the Indonesian Nursing Care Standards with the aim and criteria for pain complaints on a scale of 5 (decreasing), grimacing on a scale of 5 (decreasing), protective attitude on a scale of 5 (decreasing). decreased), appetite scale 5 (improved).

According to the opinion of nursing diagnoses, acute pain can be handled with pain management. Pain management has several actions or procedures, both pharmacological and non-pharmacological. Pharmacological procedures are carried out by administering analgesics, namely to reduce or eliminate pain. Meanwhile, non-pharmacological methods can be done by relaxation, breathing techniques, movement or position changes, massage, acupuncture, hot or cold therapy, hypnobirthing, music, and TENS (Transcutaneous Electrical Nerve Stimulation). One non-pharmacological treatment that can be done is the finger-hold relaxation technique. The finger-hold relaxation technique is an easy way to manage emotions and develop emotional intelligence.

Pain in mothers after cesarean section is treated with pharmacological therapy using the Emotional Freedom Technique (EFT) or known as tapping therapy, which is a therapy that quickly, gently, and easily releases negative emotions that are believed to be the source of problems and pain. EFT does not use needles but rather aligns the body's energy system at the body's meridian points by tapping with the fingertips.

Implementation is carried out 3 days while the client is hospitalized, for 30 minutes to carry out tapping therapy, 1 hour before analgesics are given, therapy is carried out, therapy is carried out by the nurse and the client's family by the SOP given and taught by the nurse.

Emotional Freedom Technique Therapy (EFT) is a therapy that is very easy to do by using light tapping on 18 key points along the 12 body energies, and the healing effect can be felt instantly (one-minute wonder). Apart from healing both physically and emotionally. Can also be used to improve performance and peace of mind. Emotional Freedom Technique (EFT) therapy uses safe, easy, fast, and simple techniques, without any risk because it does not use tools or needles. Just tap your index finger and middle finger lightly on several meridian points in your body. Apart from that, by involving God in this psychological energy process, EFT experiences an amplifying effect so that the aspects of the problem that can be overcome are also much broader, including physical and emotional, personal success (Lutfatul Latifah1, 2008).

Muliyanti (2021) showed that the reduction in pain scale was greater in the intervention group than in the control group, so it can be concluded that EFT therapy can reduce the pain scale in the post-cesarean section. The basic theory of EFT says that negative emotions are caused by disturbances in the body's energy system (meridian system).

EFT therapy has been proven to help individuals overcome and manage stress due to the impact of stressors in the environment. EFT therapy can also reduce the risk of physical health problems (such as blocked blood vessels, and heart problems) and can psychologically prevent the occurrence of disease.

After carrying out nursing actions for three days, treatment was obtained on the first day. P: pain appears during activities, such as defecating and urinating, Q: pain like being stabbed by a knife, R: pain in the birth canal, S: 4, T: disappears, the client appears to Be careful with your movements, the client appears to be grimacing, the client appears to be complaining of pain, the post-cesarean section wound has no pus, it is clean. On the second day, the results were P: pain appears when standing, Q: pain like being stabbed by a knife, R: pain in the birth canal, S: 3, T: disappears), the client appears to be careful with his movements, the client appears to grimace, the client appears to complain of pain, the post-cesarean section wound has no pus, it is clean. Third day P: pain appears when moving, Q: Pain like being stabbed by a knife, R: pain in the birth canal, S: 2, T: It comes and goes, the client seems careful with his movements,

Agree with research Soekardjo (nd), EFT intervention has been proven to be able to significantly reduce the intensity of post-cesarean section pain. This can be seen from the results of decreasing pain intensity in the EFT intervention group. Spirituality is an important and highest aspect because it is related to a transcendent relationship with God, spirituality will guide and give meaning and purpose to a person's life. The calming effect can be seen in the majority of subjects after being given treatment, their expressions become calmer in enduring post-cesarean section pain, and their face and body muscles appear more relaxed. Added to the opinion of Dwi Muliandaa, and Ainnur Rahmantib (2022), EFT therapy has been proven to help individuals overcome and manage stress due to the impact of stressors in the environment. EFT therapy can also reduce the risk of physical health problems (such as blocked blood vessels, and heart problems)

By providing EFT therapy to mothers using the cesarean section program, mothers will feel calmer, relaxed, and able to think more positively so that they can support the health of the mother and fetus. The EFT mechanism in reducing the level of pain in cesarean-section mothers is considered to have a relaxing effect which can be obtained from the 5 principles of SEFT, namely the condition of Khusu, Sincerity, Surrender, Confidence, and Gratitude.

Analysis of the Implementation of the Emotional Freedom Technique (EFT)

Based on the results of the interventions that have been carried out, complaints of pain on a scale of 5 (decreased), grimaces on a scale of 5 (decreased), protective attitudes on a scale of 5 (decreased), appetite on a scale of 5 (improved) which means there is an effect of EFT by tapping lightly seven times on 18 body meridian points and followed by briefly mentioning the client's problems when tapping.

According to the opinion of Rejeki, Sri, and Santi (2022), the Emotional Freedom Technique (EFT), or known as tapping therapy, is a therapy that quickly, gently, and easily releases negative emotions that are believed to be the source of problems and pain. EFT does not use needles but rather aligns the body's energy system at the body's meridian points by tapping with the fingertips. EFT therapy has been proven to help individuals overcome and manage stress due to the impact of stressors in the environment. EFT therapy can also reduce the risk of physical health problems (such as blocked blood vessels, and heart problems) and can psychologically prevent the occurrence of disease.

EFT actions will make you feel calm, comfortable, and relaxed which can reduce pain. For the effect of the Emotional Freedom Technique on pain intensity in post-cesarean section patients, EFT (Emotional Freedom Technique) treatment reduces the intensity of pain in mild-intensity post-section cesarean patients. It is known that the intensity of pain in post-cesarean section patients is smaller after the EFT (Emotional Freedom Technique) technique is carried out in post-cesarean section patients.

While the study suggests that EFT may be beneficial for managing post-cesarean section pain, the implications for clinical practice should be presented cautiously. The findings should be considered exploratory, and further research is needed before EFT can be recommended as a standard practice in this context.

Future studies should involve larger sample sizes and randomized controlled trials (RCTs) to establish the efficacy of EFT in managing post-cesarean section pain. Comparative studies with other non-pharmacological interventions and longitudinal research on the long-term effects of EFT would provide a more comprehensive understanding of its potential benefits.

LIMITATION

The limitation of this research is that this research is a case study that is limited to one research subject only. It needs to be developed with a larger number of respondents so that research results can be obtained that truly provide a picture of the field.

CONCLUSION

This study offers preliminary evidence suggesting that Emotional Freedom Technique (EFT) may reduce pain following a cesarean section. However, due to limitations such as the single-case design, the absence of a control group, and the lack of statistical analysis, caution is required when interpreting these results. Further research with larger, controlled trials is essential to validate these findings and explore the broader applicability of EFT in post-operative pain management.

The study recommends the cautious exploration of EFT as a complementary pain management tool in clinical settings, with the understanding that its efficacy has yet to be fully validated through rigorous research. Health practitioners should consider the findings as preliminary and await further evidence before integrating EFT into standard post-cesarean care protocols.

AUTHOR CONTRIBUTION

Authors' contributions: All the authors contributed equally to the study.

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Khotimatul Chusna Maiisa : None.

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CONFLICT OF INTEREST

None.

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