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ABSTRACT

Background : breast cancer is a lump that grows on a woman's breast so that it can result in death if not handled immediately. One of the treatment for breast cancer is surgical removal of the breast of surgery. From the surgical procedure complications are pain. One of the treatment for treating pain in a non-pharmacological way is relaxation of deep and murrotal breathing techniques.

Objective : describe the deep breathing and murrotal relaxation techniques to treat pain in post operative breast cancer patients.

Method: the method used is descriptive study with case study design.the data were collected by interview and observation patients.

Result: after the action of applying the deep and murrotal breathing relaxation techniques carried out for 3 days the pain scale 0 from a scale of 5 -0, the result showed that the patient did not feel pain. Now the patient is comfortable.

Conclusion : the author provides deep breathing and murrotal relaxation measures for 3 days so that the patient is a able to control pain from 5-0 scale, the results are that the patient feels no pain. Now patients fell comfortable.

Suggestion: applying deep breathing and murrotal relaxation techniques to deal with pain by maintaining a non-crowded environment to calm down and use earphones to listen to prayer music to get maximum results.

Keywords: post surgery, pain, deep breathing relaxation techniques and murrotal therapy.

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