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- Peningkatan Nutrisi Ibu Hamil di Indonesia: Pentingnya Peran Bidan di Desa dan Kader
- Produksi ASI Ibu dengan Intervensi *Acupressure Point for Lactation* dan Pijat Oksitosin
- Paket Dukungan terhadap *Breastfeeding Self Efficacy* dan Keberhasilan Menyusui pada Ibu Postpartum
- Efektivitas *Dzikralin* terhadap Penurunan Kecemasan dan Nyeri Persalinan Kula I Fase Aktif Ibu Primigravida
- Perubahan Keluhan Gejala Prahaid dengan Senam Aerobik
- Respons dan Koping Pasien Penderita Kanker Servik terhadap Efek Kemoterapi
- Pengalaman Orang Tua dalam Penggunaan Pengobatan Alternatif pada Anak yang Menderita Kanker di Jakarta
- GFR dan Kadar Timbal dalam Darah pada Pekerja POM Bensin Berdasarkan *δ-α1a1 Gene Polymorphisms*
- Sistem Diagnosa Level Asma Menggunakan *Fuzzy Inference System*
- *Prototype* Bangku Ergonomis untuk Memperbaiki Posisi Duduk Siswa SMAN di Kabupaten Gresik
- Modifikasi Pompa ASI sebagai Terapi Luka Bertekanan Negatif untuk Mempercepat Penyembuhan Luka Diabetes
- Penggunaan Teknik *Z-Track Air Lock* untuk Menurunkan Nyeri pada Prosedur Injeksi Intra Muskular
- *Cognitive Support* Meningkatkan Kadar CD4 pada Pasien HIV di Kota Kediri
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- Model Manajemen Perawatan untuk Meningkatkan Kepatuhan Minum Obat dan Status Gizi Pasien TB Paru

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Utilizing Z-track Air Lock Technique to Reduce Pain in Intramuscular Injections

PENGGUNAAN TEHNIK Z-TRACKAIR LOCK UNTUK MENURUNKAN NYERI PADA ROSEDUR INJEKSI INTRA MUSKULER

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Abstract

Introduction:Injection is one of most painful and common medical interventions that more than 12 billion of it are administered annually throughout the world. Pain remains as one of the unresolved health problems. The objective of this research was to investigate the pain severity utilizing the z-track air lock technique during intra muscular injection procedure.**Method:**This study was conducted as an unblinded cinical trial, where 90 female subjects aged between 18-25 years old were randomly assigned to three groups of 30. Each group received z-track air lock (Group ZTAL), air lock (AL),and z-track (Group ZT) techniques. Neurobion 5000 vitamin used as an injection substance.A Verbal Rating Scale (VRS) on 0-3was used to evaluate the severity of pain during procedure. Data were analized using the SPSS version 19. Groups’ age, Body Mass Index (BMI) and pain severity were analyzed through descriptive and One Way ANOVA statistics. **Results:** Results showed that there were no significant differences of pain severity both within and between groups ($p > 0.05$). **Discussion:**Both Z-track and air lock method are less pain compared to traditional method according to previous studies. Noncicepti stimulus inhibited nocicepti stimulus in z-track technique while locking effect inhibit leakage of substance injection to subcutaneous layer of skin which contain of nerve fibers. However All techniques are recommended to produce less pain therefore it can be considered as a standard procedure for intra muscular injection.

Keyword : intramuscular, injection, z-track, air, lock, technique, pain,

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