

HAND MASSAGE TO REDUCE PAIN IN ADULT PATIENTS FOLLOWING BREAST BIOPSY EXCISION SURGERY AT HERMINA HOSPITAL, DEPOK: CASE STUDY

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Article Info	ABSTRACT
Article History: Received 06/05/2026. Revised - Accepted 14/07/2026 Keywords: Fibroadenoma mammae, Acute pain, Hand massage	<i>Fibroadenoma is a benign or non-cancerous breast tumor that mostly occurs as a small, solid lump in the breast tissue measuring less than four centimeters. Fibroadenoma Mammae (FAM) has a well-defined, smooth, elastic, and round shape that is easily moved under the skin. Fibroadenoma Mammae or can also be called FAM is a unilateral, painless benign tumor that appears as a solid lump, usually occurring in women between the ages of 14 and 35 years. The purpose of this scientific paper is to reduce pain in patients after breast biopsy excision surgery with hand massage. This scientific paper uses a case study method. The research location was at HERMINA DEPOK Hospital in the general treatment room on the 4th floor on May 5-7, 2025. The results of the study were that the patient said that he had pain in the post-operative wound on the lower right breast, the patient said that the pain was 7, the patient said that the pain was like throbbing, he appeared to be grimacing, the problem that arose was acute pain so that the non-pharmacological action carried out was hand massage for 3 days for 10-15 minutes, there was a decrease in pain from a scale of 7 to a scale of 2. The recommendation is that one of the non-pharmacological therapies with hand massage is to reduce pain so that it can be applied to breast biopsy excision patients.</i> <i>Keywords: Fibroadenoma mammae; Acute pain; Hand massage.</i>
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