

## INTERNATIONAL JOURNAL OF HEALTH SCIENCE

Link Page: <https://ejurnal.politeknipratama.ac.id/index.php/ijhs>

Page: <https://ejurnal.politeknipratama.ac.id/index.php>

### APPLICATION OF WET CUPPERATION TO REDUCE THE SCALE OF SHOULDER PAIN IN MYALGIA TRAPEZIUS PATIENTS

Lukman <sup>a</sup>, Nurna Ningsih <sup>b</sup>, Firman Nugraha Putra <sup>c</sup>

<sup>1</sup>Prodi D3 Keperawatan, Poltekkes Kemenkes Palembang

email : [Lukman@poltekkespalembang.ac.id](mailto:Lukman@poltekkespalembang.ac.id)

<sup>2</sup> Universitas Sriwijaya

email : [nurna\\_ningsih.nawawi@fk.unsri.ac.id](mailto:nurna_ningsih.nawawi@fk.unsri.ac.id)

<sup>3</sup> Poltekkes Kemenkes Palembang

email : [Firman27@poltekkespalembang.ac.id](mailto:Firman27@poltekkespalembang.ac.id)

#### ABSTRACT

Background : Muscle pain or it can also be called myalgia is one of many disorders and diseases in the body. In general, myalgia is caused by misuse of muscles or muscles that are too tense. Several nursing action therapies for joint pain management using non-pharmacological therapy, one of which is Cupping Therapy, Research Objectives: The results of the application of the wet cupping technique to reduce the pain scale in the shoulder with Trapezius Myalgia in the work area of the Sidorejo Health Center 2022., Research Methods: The Type of This research is descriptive by using the case method. The study was conducted in April 2022. The subjects in this case study were two clients with a diagnosis of Trapezius Myalgia who met the inclusion and exclusion criteria. Research Results: After cupping therapy was performed for 1 time in 2 weeks, the results showed that the pain scale in the subjects decreased in Subject I from pain scale 5 (moderate pain) to pain scale 2 (mild pain) and in subject II there was a decrease in pain scale from pain scale 6 (moderate pain) to pain scale 3 (mild pain). Conclusion: The implementation of cupping therapy can reduce the pain scale in patients with Trapezius myalgia according to the subject's condition and lifestyle factors in each subject in the working area of the Sidorejo Health Center, Lubuklinggau City.

**Keywords:** Trapezius Myalgia, Cupping Therapy, Pain Scale.

#### INTRODUCTION

Muscle pain or can also be called myalgia is one of many disorders and diseases in the body. In general, myalgia is caused by the wrong use of muscles or muscles that are too tense (Purnama, 2018).

Myalgia trapezius pain is a symptom that arises from various diseases or conditions that are located on the shoulders, neck and others. Myalgia trapezius pain can occur if you do too much or too much weight. If the muscles get the load continuously for a long period of time. So, it can cause damage to joints, such as in the area of tendons and ligaments (Purnama, 2018).

According to the World Health Organization (WHO), the prevalence of muscle pain disorders (myalgia) ranges from 50-62% of the total population in the world and often occurs in people living in industrialized countries (Artawan1 & Saiful A., 2021).

In Indonesia, the prevalence of myalgia sufferers ranges from 45-59%. Myalgia or what we often call muscle pain, or muscle cramps or muscle spasms, arises due to excessive use of muscles (Artawan1 & Saiful A., 2021).

Based on data obtained from the Sidorejo Health Center, Lubuklinggau City, data obtained from patients who experienced myalgia in 2018 as many as 90 people in 2019 as many as 131 people and in 2020 as many as 65 people. (Medical Record of Sidorejo Health Center, Lubuklinggau City, 2021).

Self hypnosis or self hypnosis is a technique for programming yourself. This technique can be done by reaching the subconscious mind for reprogramming and data on the subconscious mind (Nurindra, 2018).

Pharmacological management is treatment with medical drugs, while non-pharmacological management is a therapy that nurses can teach and do independently by patients. Nurses have a very important role in providing care in reducing pain intensity, especially non-pharmacologically in both

*Received September 30, 2022; Revised Oktober 2, 2022; Accepted November 22, 2022*

clinical and community settings (Rahmawati, 2020).

Pharmacological therapy for pain is usually with the administration of non-steroidal anti-inflammatory drugs or better known as NSAIDs (Non-Steroidal Anti-inflammatory Drugs). NSAIDs have harmful side effects on the stomach (Perdana & Sutysna, 2021).

There are several solutions to treat shoulder pain including rest/cold therapy, heat therapy, neck traction, shoulder joint massage, manipulation and mobilization, exercise therapy. However, this therapy requires a relatively long healing process. Another alternative for dealing with shoulder pain is cupping therapy. Cupping therapy is a traditional method of treatment that has the working principle of bleeding (blood letting) in certain areas on the back so that it can cure disease (Arik et al., 2014).

Cupping is a traditional treatment method that has the working principle of vacuuming, wounding and suctioning blood in certain areas so that it can cure diseases. Cupping is given as a preventive and curative effort which is considered very effective, so cupping therapy can be given for various health cases. Cupping plays a role in releasing prostaglandin substances that are formed due to cell inflammation. Prostaglandins are substances that function to send pain signals to the brain, besides cupping also stimulates the release of endorphins and enkephalins which play a role in reducing sensitivity (sensitivity) to pain (Latifin, 2021).

Based on research conducted by (Setiwati, 2020) it can be concluded that cupping once a month and routine can be useful for relieving shoulder, back pain and eliminating muscle cramps and others. In line with the research that has been done by (Purnama, 2018) it can be concluded that cupping therapy greatly affects the reduction of pain scale in patients with Trapezius Myalgia. (Asmarani & Dewi, 2019) also concluded that cupping therapy was proven to reduce pain scale in myalgia sufferers. Based on this, respondents are recommended to do cupping therapy regularly to reduce the pain scale when experiencing muscle pain.

## RESEARCH METHODS

This type of research is descriptive using a case study approach. Case studies are research conducted by examining a problem through a case consisting of a single unit with the main questions relating to "how" or "why". Single unit can mean one person or a group of residents affected by a problem (Notoatmodjo, 2012). This case study aims to analyze nursing interventions that have been carried out by therapy. Wet cupping to reduce the scale of pain in the shoulder with Trapezius Myalgia in the working area of the Sidorejo Health Center 2022.

The research begins with the preparation of research proposals using the case study method. After being approved by the examiner of the proposal, the research continued with data collection activities. Research data in the form of the results of measurements, observations, interviews of cases that are used as research subjects. Data Collection Instruments The case study instruments used by the authors in this case study are in the form of an assessment format, a checklist sheet for measuring pain scales with the numerical method (1-10), cupping tools, and cupping therapy SOPs.

At the implementation stage, it was carried out directly by the researcher as well as observing and documenting the patient's response to the cupping therapy procedure. Data analysis was carried out descriptively using the principles of nursing care management. The data analysis process begins by reviewing all available data from various sources, namely interviews, observations and then using SOP evaluations for patient progress records.

The plan of analysis carried out in this study is to analyze all findings at the stages of the nursing process using concepts and theories in patients with Trapezius Myalgia. The data that has been obtained from the results of carrying out nursing care ranging from assessment, diagnosis, planning action, taking action to evaluating the results of the action will be narrated and compared with the theory of family nursing care with Trapezius Myalgia. The analysis carried out is to determine whether there are similarities between the existing theory and the condition of the patient in care

## RESULTS AND DISCUSSION

The research subjects of this case study are 2 women with Trapezius Myalgia who have acute pain nursing problems.

Subject I :

Subject I with the initials Mr. H, 24 years old, male, Muslim, last education high school, working as an entrepreneur, Subject 1 grimaced in pain with complaints of muscle pain in the shoulder on a pain scale 5 which resulted in Subject 1 being protective of his shoulder. BP: 120/80 mmHg, RR: 20 x/minute,

Pulse: 80 x/minute, Temperature: 36.7 C. The review date is April 13, 2022.

Subject II :

Subject II with the initials Mr. B is 27 years old, male, Muslim, last education S1, trading job, subject II looks wincing in pain due to complaints of muscle pain he feels in the shoulder with a pain scale 6. Subject II looks restless and is protective of his shoulder . BP: 120/70 mmHg, RR: 22 x / min, Pulse: 84 x / min, Temperature: 36.5 C. The review date is April 25, 2022.

### **NURSING DIAGNOSES**

Nursing diagnoses are clinical assessments of individual, family, or community responses to actual and potential health problems or life processes (Nasir, 2019).

The diagnoses that emerged in subject I and subject II were as follows:

a. Acute pain is related to the inability of the family to care for sick family members, this problem was found in both subjects when the authors conducted the assessment, where both subjects experienced headaches and dizziness.

Based on the data obtained by the author, it is known that the problem experienced is pain, in subjects I and II experiencing pain in the Trapezius myalgia section. So that the problem arises, namely Acute Pain.

### **INTERVENTION**

In this stage of treatment planning the most important thing is determining the priority of the problem. In determining the priority of this problem, the researcher scores nursing problems based on the total value of the highest score for each nursing intervention according to the theory

Preparation of action planning for family nursing Mr. T and Mr. B with Myalgia, the author will adjust the goals to be achieved with the abilities of Mr.'s family. H and Mr. B and the author are also working in accordance with the goals achieved so that the health status of Mr. H and Mr. B has increased.

The plan that the author can do for nursing problems in both families is the application of cupping therapy. Cupping therapy is a traditional method of treatment that has the working principle of bleeding in certain areas of the back so that it can relieve acute pain in Trapezius Myalgia patients and explain about Myalgia disease, be it understanding, symptoms, signs, consequences, and ways of prevention, in order to obtain therapeutic benefits. so Mr. H and Mr. B can understand well.

The main intervention in this study was cupping therapy which was planned to be carried out for 1x, 20-30 minutes. Which is where before and after being cupped the pain scale is known to the subject.

At the time of the intervention, the author had problems with time because during home visits not always all family members were at home due to activities, so this planning could not be done properly. However, the family's response to the preparation of nursing actions was very good, cooperative and willing to work together in the preparation of nursing actions.

### **IMPLEMENTATION**

The actions that the researchers have planned for the diagnosis of nursing actions for the diagnosis of acute pain are by explaining what myalgia is, overcoming pain with non-pharmacological methods and doing cupping therapy.

The implementation carried out by the researcher on subject I and subject II was carried out for 5 days, namely April 20-25, 2022. The implementation carried out by the author was in accordance with the plan that had been made, carried out for 1 day. The implementation of the researchers did by providing education to the family about what Myalgia is, then followed by three days of implementation, the first day of cupping therapy and the second and third day of observation after cupping therapy. The results of cupping therapy in patients found that the pain scale decreased. The results of research on the application of cupping therapy for acute pain are indeed very effective in reducing the pain scale.

Assess vital signs (blood pressure, respiration, pulse, temperature). Do cupping therapy for approximately 15-25 minutes. Perform kanjian to determine the scale of pain before and after cupping therapy.

Cupping therapy performed on patients begins by positioning the patient sitting/sleeping on his stomach, before cupping therapy the pain scale is measured first, in patient I the pain scale is 5, then cupping therapy is carried out for approximately 15-20 minutes. After cupping therapy was done, then the pain scale was measured again, in the patient the result was 0 after three days of cupping therapy. While in patient II, the results of the pain scale were 6, then cupping therapy was carried out for approximately 15-

25 minutes. After cupping therapy was done, then the pain scale was measured again, the patient got a 0 scale result after three days of cupping therapy  
The results obtained on a scale of 0 after three days of cupping therapy

## EVALUATION

Evaluation is the fifth stage of the nursing process. This stage is very important to determine whether there is an improvement in the client's condition or welfare. The thing to remember is that evaluation is a continuous process that occurs when the nurse makes contact with the client. During the evaluation process the nurse makes clinical decisions and continuously leads back to nursing care. The purpose of nursing care is to help clients solve actual health problems, prevent risk problems, and maintain a prosperous health status.

Stages of evaluation can be done in a formative and summative manner. Formative evaluation is carried out during the nursing care process, while summative evaluation is the final evaluation.

It is known that there is a decrease in pain intensity and signs of improvement after nursing interventions, applying self hypnosis and evaluation 1x24 hours. Both in Subject I and Subject II patients as follows:

1. At the first meeting, Cupping Therapy which was carried out to overcome the problem of Acute Pain, showed effective results, this was because the scale of pain felt by Subjects I and II was reduced. Subject I is on a scale of 6 to 3 while Subject II is on a scale of 5 to 3.
2. At the second meeting, observations were made to Subject I and Subject II. The pain scale felt is still the same as the first meeting
3. At the third meeting, observations were made, the results were that Subjects I and II did not feel pain anymore in their Trapezius.

## CONCLUSION

The results of providing nursing care directly to object I (Mr. T) and object II (Mr. B) with the condition of Trapezius Myalgia in the working area of the Sidorejo Health Center, Lubuklinggau City, where the focus of this research is related to the application of cupping therapy that there is a decrease in intensity. pain after being given the application of Cupping Therapy, which includes assessment, problem formulation, intervention, implementation and evaluation, it can be concluded as follows:

1. Based on the results obtained in the assessment, by means of interviews and observations, the main problem of pain that occurs is because the muscle load is too heavy.
2. The actual nursing diagnosis arises based on the existing complaints, namely acute pain
3. Nursing planning of this research is reducing acute pain intensity by cupping therapy.
4. The implementation of nursing for the two research subjects has been carried out in accordance with the SOP for Cupping Therapy. Done for 20-30 minutes in 1 day.
5. Nursing evaluation shows that the application of cupping therapy can reduce pain intensity. In this study, what was felt by both objects after cupping therapy was experiencing a decrease in pain level, from moderate pain intensity to mild pain.

## REFERENCES

- Arik, F. J., Widada, W., & Hidayat, C. T. (2014). The Effect of Cupping Therapy on Pain in Female Workers Experiencing Shoulder Pain at PT Mayang Sari Jember.
- Artawan1, I. W. R., & Saiful A. (2021). Knowledge and Attitude of Family Heads About Myalgia Disease in Balinggi Induk Village, Balinggi District, Parigi Moutong Regency. 126(1), 1 7.
- Asmarani, F. L., & Dewi, L. G. R. S. (2019). Cupping Reduces Myalgia Complaints. Journal of Nursing Respati Yogyakarta, 6(3), 636. <https://doi.org/10.35842/Jkry.V6i3.395>
- Latifin, K. (2021). A Literature Review: The Effectiveness Of Cupping To Reduce The.
- Perdana, T. S. R., & Sutysna, H. (2021). Effects of Wet Cupping Therapy on Pain Scale and Quality of Life in Patients with Tension Type Headache Headaches at Cupping Houses in Medan City in 2020. 6, 41.
- PPNI. (2017a). Indonesian Nursing Diagnosis Standards (1st Ed.). DPP PPNI.
- PPNI. (2017b). Indonesian Nursing Diagnosis Standards (1st Ed.). PPNI CENTRAL MANAGEMENT

## BOARD.

- Purnama, Y. H. C. (2018). The Effect of Cupping on Pain Reduction in Clients with Trapezius Myalgia in Transport Workers in Jelbuk Jember District. The Indonesian Journal Of Health Science, September, 66. <https://doi.org/10.32528/Ijhs.V0i0.1524>
- Putriana, N. D. (2014). Family nursing care..., NOVITA DWI PUTRIANA, Faculty of Health Sciences UMP, 2014. 2014.
- Rahmawati, F. (2020). Therapies for Gastritis Pain. 2, 88 100.
- Safitri, A. (2020). Nursing Care for Families of Schizophrenic Patients With Self-Concept Disorders, Chronic Low Self-Esteem.
- SARNUBI, H. (2021). Application of a Warm Red Ginger Compress (Zingiber Officinale Rosc) to the Pain of Rheumathoid Arthritis Clients in the Work Area of Uptd Health Center (Zingiber Officinale Rosc) on the Taste of the Uptd Health Center Work Area of Sekarjaya in 2021.
- Setiwati, M. (2020). Effect of Wet Cupping Therapy on Trapezius Myalgia Pain in Farmers. SELL Journal, 5(1), 55.
- Sharaf, A. Razak. (2013). Diseases and Cupping Therapy Scientific Fundamentals of Cupping Therapy. In Diseases and Cupping Therapy Scientific Fundamentals of Cupping Therapy. Maktabah Auladu Shaykh Lit Turats.
- Umar, W. A. (2013). Heal With One Point (E. A. Ahmad (Ed.); XVI).
- Wulyono, Ahmad Bebi. (N.D.). Thesis Ahmad Bebi Waluyo (153210002) (P. 2019). <http://repo.stikesicme-jbg.ac.id/2351/>
- Yasin, S.A.-B. (2013). Cupping Sunnah of the Prophet & Medical Miracles (Dr Wadda A. Umar (Ed.); XIX). Maktabah Auladu Shaykh Lit Turats.