Abstract

Breast cancer (Breast Cancer) is the most common type of cancer affecting women and often causes acute pain after surgery. Acute pain can disrupt comfort and worsen the patient's physical and psychological condition. One effective non-pharmacological therapy for pain reduction is foot massage because it can stimulate the release of endorphins and provide a relaxing effect. To determine the effect of foot massage therapy on reducing acute pain levels in post-op breast cancer patients at Prof. Dr. H. Aloei Saboe Regional Hospital, Gorontalo City. A quantitative study with a pre-experimental approach using a one-group pretest-posttest design. The sample consisted of 7 post-op breast cancer patients selected through purposive sampling. Pain was measured before and after the intervention using the Numeric Rating Scale (NRS), then analysed using the Wilcoxon Signed Rank Test. Showed a significant reduction in pain levels after foot massage therapy, with the average pain level before the intervention being 5.4 ± 1.08 and decreasing to 2.3 ± 1.16 after the intervention. The statistical test results showed a p-value <0.05, indicating a significant effect between foot massage therapy and reducing acute pain in post-mammae cancer surgery patients. Conclusion: Foot massage therapy is effective in reducing acute pain, providing relaxation, increasing comfort, and can be used as an alternative non-pharmacological nursing intervention. Healthcare professionals are encouraged to implement foot massage therapy as part of nursing interventions to reduce acute pain, particularly in post-mammae cancer surgery patients.

Keywords: *Foot massage Ca Mamae Nyeri Akut*

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