

Comfort Improvement on Common Cold Patient in Tanjung Saleh Village Kubu Raya Regency West Kalimantan



Wuriani

Lecturer at the Muhammadiyah Institute of Technology and Health in West Kalimantan

ABSTRACT: ARI (Acute Respiratory Infection) is known to be infectious and is known to be very common on every layer of society. In average, people would contract an ARI disease at least once a year and it was even more common on children who are still in playing stage, as they frequently plays in group without considering whether or not their friends were sick. One of the most common ARI disease is common cold and it was caused by viral infection on the upper respiratory system. This particular infection would cause common cold symptoms such as nasal congestion, constant sneeze and sore throat. However even though common cold is highly infectious, it was also easily treatable and would usually last for only 7-10 days.

Purpose: To explore interventions and nursing method that would improve the comfort of common cold patients in Tanjung Saleh Village, Kubu Raya Regency, West Kalimantan.

Method: Qualitative with case study approach on two common cold patient in Tanjung Saleh Village, Kubu Raya Regency.

Result: The Research has found three general theme: (1) Signs and early Symptoms of common cold, (2) Nursing intervention of discomfort caused by the disease (3) Evaluation of discomfort nursing method.

KEYWORDS: ARI, Common Cold, Comfort, Symptoms

BACKGROUND

Common cold or cold is one of the most prevalent form of ARI (Acute Respiratory Infection) disease. Research data from Riskesdas (Indonesian Basic Health Research) at 2007 shows that Indonesian ARI case prevalence was 25,5% (around 17,5 - 41,5%); people usually could recognize the basic symptoms of common cold like nasal congestion, rhinorrhoea, sore throat, and headache. Fatigue, muscle soreness and light fever would also be recognized as symptoms of common cold. According to Heikkinen (2003), common cold or flu was mostly (90%) caused by respiratory virus such as rhinovirus and the individual who contracts it would usually recover by themselves (self limiting disease) depending on their endurance. The peak of the symptoms could usually be felt on 3rd or 4th day after infection, with rhinorrhoea getting thicker; and at this particular time can be misdiagnosed as bacterial sinus. Signs and symptoms of common cold such as coughing, nasal congestion, and sore throat can be so uncomfortable that it ruined sleep quality of the patient. Aside from sleep quality, patient would sometimes suffers with lack of appetite due to discomfort in the throat area and this could end up making the patient recovered longer. Looking at these phenomenon, the research aims to find a way to improve the comfort of patients who are dealing with ARI disease such as common cold.

RESEARCH METHOD

This research utilizes qualitative design with case study approach. Data analysis in in a qualitative research is done twice, first is done before entering the research field and the second was done after field research was done (Sugiyono, 2010). The data in this research be collected in a form of words, sentence, scheme, and pictures that would explained how the research run. This research has received an Ethical Clearance Decision Letter Number: 72/II.I.AU/KET.ETIK/III/2022. The criteria for participant inclusion are :

1. Diagnosed with common cold by local public health center
2. Maximum of two days after diagnosis
3. The patient have received analgesic therapy and antipyretic from the local Doctor
4. The patient have complained about sore throat, nasal secretion, and nausea

Comfort Improvement on Common Cold Patient in Tanjung Saleh Village Kubu Raya Regency West Kalimantan

CASE STUDY

Participants consists of two common cold patients that have suffered for maximum of 2 days. The participants are patients at child's age that is child K 10 years old and Child Z 12 years old. The two children are common cold patients in Tanjung Saleh Village, Kubu Raya Regency, West Kalimantan. Interview and observation will be done for three days in a row with the parent's involvement and approval. From the observation and interview, it is found that the children suffers from the same symptoms that is sore throat, hot breath, fever and feeling of fatigue. The research found three big themes, 1) Early signs and symptoms of common cold, 2) Nursing intervention of discomfort, 3) Nursing evaluation of discomfort.

Table 1.1 Qualitative Analysis result on common cold patients in Tanjung Saleh Village

CATEGORY	THEME
<ul style="list-style-type: none">- Itchy throat- Hot breath- Feverish feeling- Feeling sleepy and weak- Cold feeling neck- Pain upon swallowing	Signs and symptoms of common cold
<ul style="list-style-type: none">- Warm compress on neck, shoulder and nose- Massage on shoulder, back and around the neck- Wear a neckwear like scarf- Massage stiff muscles around the shoulder- Wear a mask- Add an inhaler on the mask- Sleep on a higher pillow- Drink warm water- Bath with warm water	Nursing Intervention for Discomfort
<ul style="list-style-type: none">- Decrease in Asphyxiation- Relief in respiration- Lighter feeling on body- Better sleep quality- Normalized appetite- Loss of muscular pain- Decrease of coughing	Nursing Evaluation for Discomfort

Source: Primary Data

Early Signs and Symptoms of Common Cold

The research found early signs and symptoms of common cold. The data that of early signs and symptoms are as follows : (1) Feeling weak, (2) Sore throat, (3) Pain upon swallowing, (4) Feeling feverish, (5) Feeling cold around the area of neck, (6) Hot breath. These symptoms are in accordance of the patient's quotes :

"...last night I don't feel like playing with my friends, I was sleepy, and my body feel weak, I feel cold on my neck" R1

"...I feel pain around here (pointing around the neck) when I swallow my saliva...R1

"...Last night when I'm trying to sleep my breath feels hot, and wearing a mask only makes it worse...."R2

"...It's painful when swallowing anything, it's uncomfortable to eat.... " R2

Nursing Intervention of Discomfort

The research found that there are several practices that can increase the level of comfort for common cold patients such as warm compress on neck, shoulder and nose, Massage on shoulder, back and around the neck, wearing neckwear like scarf, massaging stiff muscle around the shoulder, wearing a mask with inhaler on it, adding higher pillow, drinking warm water. Several statements given by respondend upon intervention are :

"...My neck felt better when warming patch applied here (pointing at nose), and here (pointing at neck)...."R1

Comfort Improvement on Common Cold Patient in Tanjung Saleh Village Kubu Raya Regency West Kalimantan

“...It felt warm, wearing a scarf, I can feel that my coughing felt better, drinking warm water ease the itch on my throat...”R1

“...It feels good when my neck is being massaged, it feels good too around my shoulder, I almost fell asleep hehehe...”R2

“...I fell asleep easier with higher pillow on my bed, and applying Plossa on my mask made my nose feels better and it ease my throat pain as well, thank you maam hihhi...”R2

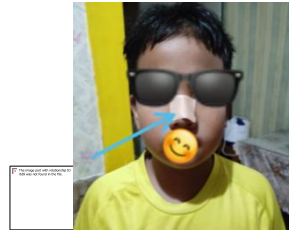


Image 1: Warm compress on nose

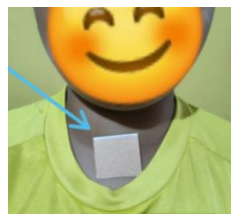


Image 2: Warm compress on neck



Image 3: Warm compress on shoulder



Image 4: Wearing inhaler applied mask

DISCUSSION

Nursing Evaluation of Discomfort

It has been found that action evaluation or nursing intervention that has been given each during every sessions did increased the level of comfort of respondents. The respondents claimed that the nursing intervention helped ease their symptoms such as respiratory issues from nasal congestion. The breathing pattern have improved from 26 times/minute to 18 times/minute and the coughing have dramatically decreased from 10 times/8 hours to 4 times/ 8 hours which also improved the overall sleep quality of the patients.

“...warm patches made my nose feel better, I can breath much better, thank god...”R1

“I sleep well last night, using higher pillow and getting massages helped a lot...”R1

“...There’s less coughing last night thanks to warm parches on my neck and covering it with blanket made it so much warmer and better...”R1

Comfort Improvement on Common Cold Patient in Tanjung Saleh Village Kubu Raya Regency West Kalimantan

"....It felt great when my back and shoulder was being massaged I almost fell asleep.... R2....My back was stiff before and the back of my neck was also painful when given a massage, it felt so much better....R2

CONCLUSION

This research uses qualitative method with case study approach, that is the early signs and symptoms of common cold and finding the possibility of prevention before the cold could get worse. The early signs and symptoms that has been identified are sore throat, hot breath, feverish body, sleepiness and feeling weak, cold neck, and difficulty in swallowing. On children, complaints of discomfort from common cold mainly found at children under 6 years. Children suffers from common cold for at least 6 to 8 times every year. The cause of the disease are known from rhinovirus, influenza, RSV, coronavirus and adenovirus (Diane & Owen, 2011). Systemic Symptoms : fever, malaise, fatigue, headache, myalgia. Respiratory Symptoms : Coughing and nasal mucus, pain on throat, nasal congestion, breathlessness. Other symptoms include diarrhea, nausea, and vomit (IDAI, 2020). Patients have claimed that warm compress patches around the neck helped ease their symptoms, as it provides the warmth that helped ease nasal mucus and coughing. Warm compress patches helped relax the muscle and blood vessel of the patients where it would eventually improve nutrients and oxygen supply to the brain (Setyawan & Kusuma, 2014). Meanwhile, according to Kozier and Erb (2009), warm compress patches is an action that could help ease pain by using conduction technique that would cause vasodilation on blood vessels where it would improve capillary permeability improving cellular metabolism, relaxing muscles, and increasing the bloodstream to the pain area. The researchers uses warm patches and scarf to compress the heat on patient's neck area and remain to suggest the patient to keep up the practice as it helps to ease the coughing symptoms. It is important to understand that cold neck could cause blood vasoconstriction that would eventually caused coughing through excreting secretion.

Aside from warming the neck, researchers also encouraged the respondents to and family to perform massages on neck and back area, especially the area where muscles are found to be rigid caused by frequent coughing (10 times in 8 hours). The massages performed would relax the rigid muscles that were caused by the accumulated lactic acid where it caused most of the sleep discomfort through muscular pain. This is according to the research performed by Sudarna (2016) who stated that acupressure massage could ease the general symptoms of common cold and could reduce the duration of the infection.

Coughing and nasal congestion are common symptoms of Acute Respiratory Infection (ARI) on children under 5 years old. Reflexive coughing could happened as automatic protective system that aims to obstruct any foreign matters from entering the body through nasal system. Nasal system are covered by soft tissues known as mucosa that would build mucus to obstruct any foreign object from entering the nose. If irritation happened the tissues could swell and would create too much mucus where it would eventually cause nasal congestion (Kartasurya, 2014).

After the inhalation of warm eucalyptus oil vapor on the two patients, it is founded that several symptoms are eased for example, sputum are reduced and are easier to spit, the patient have better breathing pattern and breathlessness are less likely to happened. The warm eucalyptus vapor inhalation practice are very effective to reduce any nasal congestion related problems. Nurse are expected to perform and teach the practice of vapor inhalation with proper standard operational procedure on the patients and the relatives so that the patients could performed it by themselves later on (Apriliyanti, 2021).

Warm water gives hydrostatic and hydrodynamic effect that could ease the blood circulation especially on lung area. Physiologically, warm water can also affect oxygenization in bodily system (Hamidin, 2012).

Semi-fowler position have been given to asthmatic patients to reduce chances of breathlessness. The effectiveness of the practice can be seen from Respiratory Rates that shown normal number that is 16 - 24 times/minute on adult (Ruth, 2002).

This research developed several nursing intervention recommendations that can be done to common cold patients to ease the symptoms, that is by compressing the neck area to keep them warm. This can be done by using warm patches on the back and front area of the neck followed by wearing a scarf.

Next is to liquidize the building mucus by drinking warm water, eating warm watery food, wearing a mask with inhaler applied on it's front side. Sleeping should be done in a semi-sitting position to reduce mucus drainage to the bronchi area, performing massage on rigid muscles help ease the patient's sleeping disorder caused by muscular pain.

CONCLUSION

Data from Riskesdas 2007 shown that the ARI (Acute Respiratory Infection) prevalence in Indonesia is around 25,5% (around 17,5 - 41,4%); society generally could identify the common cold symptoms by themselves such as coughing, headache, mucus build, and nasal congestion. Common cold symptoms are usually followed by light fever, muscular pain and fatigue. At the time of the research, it is found that early signs and symptoms of common cold are fatigue, sore throat, pain upon swallowing, and fever.

Upon performing the research, the researchers found that there are several things that can be done to improve the comfort of the patients such as warm patches on neck, shoulder and nose, massages on shoulder, back, and around the neck, followed by

Comfort Improvement on Common Cold Patient in Tanjung Saleh Village Kubu Raya Regency West Kalimantan

wearing scarf or any type neck protection to keep the neck warm, improved by applying inhaler on the mask, sleeping on higher pillow, and frequently drinking warm water. In this research, three main theme was found that is : (1) Signs and early Symptoms of common cold, (2) Nursing intervention of discomfort caused by the disease (3) Evaluation of discomfort nursing method.

REFERENCES

- 1) Apriliyanti, i. k. (2021). penerapan inhalasi uap air hangat dengan minyak kayu putih untuk mengatasi masalah keperawatan bersihan jalan nafas tidak efektif pada pasien pneumonia di ruang brasia rumah sakit mitra keluarga waru.
- 2) Dharma, K.K (2011). Metodologi Penelitian Keperawatan : Panduan Melaksanakan dan Menerapkan Hasil Penelitian. Jakarta: Trans InfoMedia
- 3) Diane, E. P., Owen, H., 2011, The common cold and decongestant therapy, *Pediatrics in Review*, 32:47-55.
- 4) Heikkinen T, Jarvinen A. The common cold. *Lancet*. 2003;361:51-9.
- 5) IDAI, "Panduan Klinis Tata Laksana COVID19 pada Anak," IDAI, p. 33, 2020, [Online]. Available: https://covid19.idionline.org/wpcontent/uploads/2020/04/15.IDAI_.pdf
- 6) Jain, N., Lodha, R., & Kabra, S. K. (2001). Upper respiratory tract infections. *The Indian Journal of Pediatrics*, 68(12), 1135-1138.
- 7) Kartasurya. (2014). 7-12 Bulan Dengan Riwayat Pemberian Asi.
- 8) Moleong, Lexy J. 2012. Metodologi Penelitian Kualitatif. Bandung: Penerbit PT Remaja Rosdakarya.
- 9) Potter & Perry. 2006. Buku Ajar. Fundamental Keperawatan.Konsep, Proses dan Praktik.Edisi 4. Jakarta: EGC.
- 10) Ruth, F. 2002. Fundamental Of Nursing Human Health And Function. Jakarta: EGC
- 11) Sugiono. 2010. Metode Penelitian. Alfabeta; Bandung
- 12) Suardana, W. (2016). jurnal gema keperawatan akupresur dan perubahan keluhan ispa pada pasien balita.
- 13) Tanto, C., Liwang, F., Hanifati, S., & Pradipta, E. A. (2014). Kapita selekta kedokteran. Jakarta: Media Aesculapius, 329-30.
- 14) Tim Pokja SDKI DPP PPNI, (2016). Asuhan keperawatan masalah aktual terhadap nyeri merupakan gangguan rasa nyaman nyeri
- 15) WHO. 2014. Diarrhoea: Why children are still dying and what can be done. Geneva, Switzerland. <http://www.who.com/chidren/2014/>. Diakses pada tanggal 10 April 2017.
- 16) Wiarto G. Bone and Joint Pain (Nyeri Tulang dan Sendi). Yogyakarta: Gosyen Publishing; 2017.
- 17) Zulkhairi, A.Muhammad, dkk. (2015). Pengaruh Terapi Musik Klasik Terhadap Penurunan Skala Nyeri pada Pasien Pasca Hecting Luka Robek (Vulnus laseratum) di IGD Puskesmas Siantan Hilir Tahun 2015. Pontianak : Universitas Tanjungpura.



There is an Open Access article, distributed under the term of the Creative Commons Attribution – Non Commercial 4.0 International (CC BY-NC 4.0) (<https://creativecommons.org/licenses/by-nc/4.0/>), which permits remixing, adapting and building upon the work for non-commercial use, provided the original work is properly cited.