

Case Study: Nursing Care For Anxiety In Psychosomatic Patients With Complaints Of Palpitations And Chest Pain Using A Hypnotherapy Approach

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ABSTRAK

Background: Anxiety is an unclear fear accompanied by feelings of uncertainty, helplessness, isolation, and insecurity, which are characterized by physical, mental, and behavioral disorders such as chest pain, palpitations, increased blood pressure, shortness of breath, heartburn, muscle aches, restlessness, confusion, decreased level of concentration, avoidance of particular objects or situations, sleep disturbances. Anxiety can cause psychosomatic disorders. **Objective:** This study is to provide an overview of anxiety nursing care for psychosomatic patients with complaints of palpitations and chest pain using hypnotherapy. **Method:** research using a case study approach. The analysis was carried out in four meetings, from assessment to evaluation. The anxiety measuring tool uses the Zung Anxiety Self Rating Scale questionnaire. Nursing actions are carried out using relaxation techniques, direct suggestions, verbalization, and desensitization. **Results:** Hypnosis can reduce the patient's anxiety level and experience improvements in signs and symptoms in the form of being able to teach calmly and focused, being able to pray in congregation comfortably, being able to participate in *taklim* assembly events with friends, being able to ride a motorbike calmly and when there is a traffic light there is no feeling of worry anymore. , sleep is comfortable, blood pressure 120/80 mmHg, pulse 80 x/minute, can understand that the heart condition is good and this is a problem of the mind and there is no chest pain. **Conclusion:** Anxiety patients who experience psychosomatic complaints of heart palpitations and chest pain can be treated with hypnosis using direct suggestion, verbalization, and desensitization methods.

Key Word : *Anxiety, Psikosomatis, Chest Pain, Hypnotherapy*

1. INTRODUCTION

Anxiety is a part of everyday life, involving the physical, self-perception, and relationships with other people. Basic Health Research (Riskesdas) 2018 shows that more than 19 million people over 15 years experience mental and emotional disorders and more than 12 million people over 15 years experience depression. (Kemenkes, 2019)

Patients who experience anxiety often visit health facilities to deal with physical complaints such as chest pain, palpitations, and shortness of breath (Stuart, 2016). Stress can generally be seen in heart rate, nausea, vomiting, heartburn, muscle tension, sweating, and shortness of breath. Mental changes include restlessness, worry, confusion, decreased concentration, and forgetfulness—changes in behavior, such as avoiding particular objects, places, or situations (Ahmad et al., 2019). Anxiety can cause psychosomatics. Psychosomatics is a medical condition that involves interactions between the mind (psycho) and the body (somatics), where psychological factors such as anxiety or emotions play a role in influencing or worsening physical symptoms (Triyadi, 2023), characterized by no disturbances in the anatomy. Complaints about the body during physical and supporting examinations and patients tend to change doctors to have their complaints checked so that patients spend a lot of money and time on treatment and reduce productivity at work.

Much research on anxiety has been carried out using relaxation, guided imagination, and five-finger hypnosis. Still, in this case study, the researcher emphasizes anxiety events resulting in psychosomatic occurrence with hypnotherapy, combining direct suggestion, verbalization, and desensitization methods. The results of this research are beneficial as an alternative non-pharmacological therapy for patients who experience psychosomatic anxiety.

2. METHODS

This research used a case study. The analysis was conducted during four meetings in the practice room, starting from the assessment stage and ending with the evaluation stage. Nursing actions using various hypnotherapy techniques include relaxation, direct suggestion, verbalization, and desensitization.

3. RESULTS

Nursing care was carried out over four meetings, starting with an assessment at the first meeting. Data was obtained from Mr. MSH, aged 22 years, Muslim, occupation as a religious teacher. **Previous history:** complaints of heart palpitations and pain occurred after drinking coffee in July 2018, and since then, Mr. MSH has consistently complained of his heart pounding, especially if something is considered stressful, such as news of death during the COVID-19 pandemic. In 2020, he was hospitalized with complaints of frequent heart palpitations and was diagnosed with arrhythmia. The protests did not disappear after therapy. In 2021, he was referred to Harapan Kita Hospital, Jakarta, and catheterized with the results that the heart blood vessels were in average condition. **Current history:** When he came to the practice, Mr. MSH complained that his heart often pounded for half a day and, pain in the left chest, hand tremors, palms were constantly wet, especially after eating, at night and when it was quiet because all he thought about was death, difficulty sleeping, slept for about three hours, breathed quickly, sometimes felt short of breath, restless, afraid of being in crowds, afraid of praying together and riding a motorbike, especially at night because I thought I might faint suddenly, so I rarely gathered with my friends at the tackle assembly. Mr. MSH teaches on the 2nd floor. If he has an anxiety attack, he is afraid to lead, doesn't focus, and feels confused, so he asks for help from another teacher to accompany him in teaching. The results of measuring anxiety using the Zung Anxiety Self Rating Scale questionnaire obtained a 60 (severe anxiety), blood pressure 140/90, pulse 100 x/min. Mr. MSH has been treated by a heart specialist, psychiatrist, and psychologist. The results of the psychiatrist's and clinical psychologist's diagnosis are that Mr. MSH is experiencing psychosomatic disease. MSH's expectations (outcome criteria) in this therapy are: 1. Can teach calmly and focused 2. Can exercise comfortably. 3. Get closer to Allah. 4. Can pray in congregation 5. Can gather with friends happily 6. Can ride a motorbike/car, especially at night, without worrying 7. Blood pressure range 120 – 130 / 80 – 90 mmHg, pulse 70-80 x/min 8. Can sleep comfortably.

First meeting 8-5-2023. Hypnosis was carried out with relaxation induction using eye fixation techniques, and then direct suggestions were made. Mr. MSH is

religious, so my direct recommendation was based on a spiritual approach, namely 1. accept the existing problem sincerely and leave it to Allah for healing. 2. Allah gives trials according to the limits of his servant's abilities. 3. Allah gives trials because he wants to improve the status of his people, as long as they are patient and accept them sincerely.

Evaluation on 10-5-2023 at the 2nd meeting obtained the following results: 1. In the evening, when I wanted to go to the tackle assembly at the mosque, my heart was still pounding, but the pain had reduced. 2. After eating, when I was full, my heart was pounding. 3. Can't pray in congregation five times a day, ride a motorbike only around the house, and don't dare go far for fear of fainting, BP 130/85 mmHg, pulse 80 x/min. 4. Sleeping for about 4 hours, still restless.

The second meeting is on 10-5-2023. Hypnosis was carried out after being in a trance state. I communicated with Mr. MSH's subconscious mind in two directions to give confidence that he had anatomically no problems with his heart. This was proven by a cardiologist's examination at Harapan Kita Hospital, Jakarta, that his heart was in average condition. After Mr. MSH was able to accept it, he carried out desensitization when Mr. MSH wanted to go to the mosque to pray steadily until he dared to pray in congregation. At this time, he didn't have the courage and felt worried about going into the mosque. He felt his heart pounding, and his breathing was fast and short, so in his imagination, I told him to back off first. I asked what he was afraid of. He answered that he was worried about fainting during prayer, so I gave him a direct suggestion that prayer is worship to get closer to Allah, and in the mosque, there are many people, so if he faints, there are many people who will help him so he is safe when praying, after that, I guided him to Verbalization technique by saying "I am at peace with my fear when praying" 10 times. In his imagination, MSH could pray without worrying. Give yourself the task of relaxing at home and giving yourself positive suggestions.

Evaluation on 15-5-2023 at the third meeting obtained the following results: 1. The heart is still pounding, and chest pain is reduced if there is a headache or negative thoughts, but the intensity is approximately 10 minutes. 2. riding a motorbike and feeling comfortable at traffic lights. 3. Teaching comfortably, but sometimes sudden feelings of worry arise. 4. Blood pressure 130/ 80 mmHg. 5. Heart rate 88 X/minute. 6.

Pray in the congregation but can't do it five times daily because you are still worried about fainting.

Third meeting on 15-5-2023. Hypnosis was carried out after being in a trance state. I made direct suggestions to provide a lesson to Mr. MSH's subconscious. His heart was healthy so that the feeling of worry and heart palpitations disappeared, providing an understanding, according to Surah Al-Baqaroh verse 286, that Allah does not burden a person but according to his ability and the Hadith Qudsi Allah says as follows: "I always obey the expectations of My servant towards Me. If he thinks well then he will get goodness. But if he is prejudiced against Me, he will suffer evil." (H.R. Tabrani and Ibnu Hibban) and verbalization technique by saying "I am healthy and at peace with my fear when praying" 10 times after which desensitization is carried out for congregational prayers in the mosque.

In the fourth meeting on 22-5-2023, Mr. MSH was taught to relax independently

4. DISCUSSION

I have divided this discussion into various sub-discussions, namely:

Assessment

Anxiety is an unclear fear accompanied by feelings of uncertainty, helplessness, isolation, and discomfort (Stuart, 2016). Anxiety results in emotional and physical disturbances caused by the patient's cognitive appraisal of threatening stimuli. The patient's response to anxiety differs for each individual, including physiological systems such as complaining of chest pain, stomach pain, headaches, behavioral, cognitive, and affective (Jbireal & Azab, 2019; Nurhalimah, 2018). Anxiety can affect the entire body system, accompanied by discomfort, worry or fear. According to Cazabon, the chest muscles can tighten, giving a feeling like they are being squeezed, and according to Bradley Gaynes, pain in the chest when anxious can be caused by tension in the diaphragm muscles (Dellantia, 2021). Mr. MSH had these complaints, namely chest pain and heart palpitations, fear of crowds, fear of congregational prayers and fear of death, difficulty sleeping, and shortness of breath, so he was hospitalized twice and referred to RSP Harapan Kita, Jakarta. The results were no heart problems. In anxious patients, chest pain can occur because the body releases the hormone adrenaline, which causes

heart rate and blood pressure to increase, and the chest muscles tighten, giving the impression of being squeezed (Dellantia, 2021; Haruyama, 2013). Complaints of shortness of breath occur because the body lacks oxygen, resulting in compensation in the respiratory system in the form of rapid and shallow breathing (hyperventilation) to circulate oxygen throughout the body (Pop-Jordanova, 2019). According to Hans Selye, if anxiety increases, it results in physical stress, difficulty concentrating, worry, and emotional and cognitive disorders (Pop-Jordanova, 2019). This causes Mr. MSH to feel afraid of being in a crowd and afraid of dying.

Diagnosis

Anxiety was measured using the Zung Anxiety Self Rating Scale questionnaire, with a 60 (severe anxiety) score accompanied by psychosomatics. Psychosomatics is a medical condition that involves interactions between the mind (psycho) and the body (Somatic), where psychological factors such as stress or anxiety play a role in worsening physical symptoms (Triyadi, 2023). Patients complain of physical pain, but if they are examined based on laboratory results, X-rays, or other supporting examinations, no abnormalities in the anatomy of the body they complain about are found.

Treatment

Hypnotherapy is a therapeutic method using hypnosis. Hypnosis is any communication that is successful and causes the effect of changing thoughts, feelings, and behavior (I. Putra, 2022). In contrast, according to Edmorston, hypnosis is a relaxed state and a state that is very receptive to suggestions (Gani et al., 2012); hypnosis is a tool that helps, which is extraordinary for making psychological changes (Y. P. Putra, 2010).

Nursing actions to overcome anxiety can be carried out using relaxation techniques, self-hypnosis, guided imagination (PPNI, 2018, 2021), and hypnosis, which provide good results in reducing anxiety (Coventry, 2022; Hammond et al., 2010). Relaxation is an effort to relax physically and mentally. When the patient relaxes, he will show signs like weak muscles, it is difficult to move his hands or feet, he feels warmth in his body, his eyeballs are watery, his eyeballs can move to the right and left,

his eyelids flicker rapidly or Rapid Eye Movement (REM), soft voice, abdominal and slow breathing, decreased pulse frequency, after waking up he said his body felt fresh (Samsugito, 2022). Relaxation is needed to open the mental filter so that suggestions can enter the subconscious mind (Gunawan, 2009) and put the patient in a trance state (Hunter, 2011). Hypnosis is carried out using direct advice, verbalization, and desensitization techniques. Straightforward suggestions are made when the patient is relaxed in somnambulism (deep trance). This method is effective if the nurse has high authority over the patient and the patient trusts the nurse (Gunawan, 2009; Samsugito, 2022). Hypnosis is very effective if done with a sociocultural approach to increase motivation (Lynn & Sherman, 2000), so with Mr. MSH, I do it with a religious practice that prayer is a worship that brings one closer to Allah and gives suggestions from the hadith Qudsi Allah says as follows: "I always obey the opinion of My servant to Me. If he thinks well then he will get goodness. But if he is prejudiced against Me, he will suffer evil." (H.R. Tabrani and Ibnu Hibban). Verbalization is done by saying, "I am healthy and at peace with my fear" 10 times, involving the patient's emotions. Desensitization reduces the patient's fear when praying in the mosque and a crowd, gradually and repeatedly, until finally, the patient feels comfortable and dares to pray in the congregation and be in a group.

Evaluation

Evaluation on 22-5-2023 obtained the following results: 1. teaching calmly and focused. 2. doing sports. 3. praying in congregation comfortably. 4. participating in taklim assembly events with friends. 5. riding a motorbike in peace and not worrying at a traffic light. 6. sleeping is comfortable. 7. Blood pressure 120/80 mmHg. Heart rate 80 x/minute. 8. Jung's anxiety scale is 40 (mild anxiety), 9. Understanding that your heart is in good condition is a mental problem. 10. If negative thoughts exist, the heart is still pounding, but the intensity is around 5 minutes, and there is no chest pain. Hypnosis can reduce the patient's anxiety level. (Hammond et al., 2010; Mawarti & Yuliana, 2021; Sukandar & Mustikasari, 2021).

5. CONCLUSION

Anxiety patients who experience psychosomatic complaints of heart palpitations and chest pain can be treated with hypnosis using direct suggestion, verbalization, and desensitization methods. The research will continue with a quasi-experiment approach to obtain better results.

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