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Resolving complaints of leg cramps by using Su Jok Triorigin method of therapy**Intansari Nurjannah***Universitas Gadjah Mada, Indonesia*

Statement of the Problem: Problem in the extremities will interfere with daily activities. One of the most common extremity problems is cramping. There are many ways to treat cramps, namely by using conventional medicine or complementary alternative therapy. The purpose of this study is to describe the result of treatment using Su Jok Triorigin Method therapy for left leg cramps.

Methodology & Theoretical Orientation: This is a case study involving an 82-year-old female patient who had experienced leg cramps for 6 years and in the last two years the left leg cramps were continuous. Information about the patient was conveyed by the therapist to the researcher and the researcher was then sent a therapeutic protocol using Su Jok Triorigin Method of Therapy via what's app. This therapy was applied by therapist using colour on the patient's hand.

Findings: After therapy, the patient felt better and within 24 hours the recovery had reached 50%. The patient looks more active and seems in relief.

Conclusion & Significance: Physical complaints of chronic leg cramps for 2 years can be reduced in severity in just a short time of no more than 24 hours. Recommendations are made for treatment to be applied on more number patients and with more rigorous research design.

Biography

Intansari Nurjannah has a great interest in Complementary Alternative Therapy (CAT). She finished her Ph.D. in Nursing at James Cook University, Australia in 2014 then became more focused on CAT after she attended several related courses. She is also certified as a Su Jok Therapist /SJ T (International level), Reflexologist and Tuina ChuZhen practitioner. Since 2009 she has published 27 books with 7 about CAT since 2020, and 16 articles in national journals, while attending 42 conferences/seminars and presenting her work. In addition, she also has published 39 articles in International Journals. Her current research is on using Su Jok as her focus on various diseases including emotional problems. Her last three publications since 2020 were on Su Jok therapy in handling pain, and fear of COVID-19 in patients with COVID-19, respiratory problem in patients with COVID-19 and Validity and Reliability of Instrument of Traditional Chinese Medicine Constitution in Indonesian.