

- Abadi, F., Fereidouni, Z., Amirkhani, M., Karimi, S. dan M (2018) "Effect of Acupressure on Preoperative Cesarean Section Anxiety," JAMSAcupunct. Meridian Stud., vol. 11, no. 6, hal. 361–366, 2018.
- Abdelmohsen, S., & M. Ahmed, N. (2018). Effect of Teaching Patients Neck Stretching Exercises On Neck Pain and Disability Following Thyroidectomy. November. <https://doi.org/10.5430/jnep.v8n1p107>
- Adham, M., & Aldino, N. (2018). *Diagnosis dan Tata Laksana Karsinoma Tiroid Berdiferensiasi*. Vol. 48 No.
- Adham, M., & Aldino, N. (2018). *Diagnosis dan Tata Laksana Karsinoma Tiroid Berdiferensiasi*. Vol. 48 No.
- Adib Farhan, M., Rahman, S., & Asri, A. (2022). Gambaran Hasil Biopsi Aspirasi Jarum Halus Massa di Leher Pada Pasien RSUP Dr. M. Djamil Padang tahun 2019-2020. Otorinolaringngologi Kepala Dan Leher Indonesia.
- Adib Farhan, M., Rahman, S., & Asri, A. (2022). Gambaran Hasil Biopsi Aspirasi Jarum Halus Massa di Leher Pada Pasien RSUP Dr. M. Djamil Padang tahun 2019-2020. Otorinolaringngologi Kepala Dan Leher Indonesia.
- America Cancer Society. (2020). Cancer facts dan figures 2019-2020. <https://www.google.com/url?sa=t&source=web&rct=j&url=https://www.cancer.org/content/dam/cancer-org/research/cancer-facts-and-statistics/breast-cancer-facts-and-figures/breast-cancer-facts-and-figures-2017-2018.pdf&ved=2ahUKEwimw5q4ypL2AhWjILcAHZRUD7QQFnoE>
- America Cancer Society. (2020). Cancer facts dan figures 2019-2020. <https://www.google.com/url?sa=t&source=web&rct=j&url=https://www.cancer.org/content/dam/cancer-org/research/cancer-facts-and-statistics/breast-cancer-facts-and-figures/breast-cancer-facts-and-figures-2017-2018.pdf&ved=2ahUKEwimw5q4ypL2AhWjILcAHZRUD7QQFnoE>

- Anis (2019) *Faktor-Faktor Yang Mempengaruhi Kecemasan Pada Pasien Pre Operasi Vitrektomi,” Inst. Teknol. sains dan Kesehat.* pku muhammadiyah surakarta 2019, 2019
- Anwar, A. W. Warongan, dan F.Rayasari (2019) Pengaruh KinesioTaping Terhadap Tingkat Nyeri Pada Pasien Post Laparotomi Di Rumah SakitUmum Dr Darajat Prawiranegara, SerangBanten Tahun 2019,” J. Holist. Nurs. Sci. vol. 7, no.1, hal. 71–87, 2020, doi:10.31603/nursing.v7i1.295
- Azamris. (2017) Hubungan Jenis Operasi Dengan Angka Ketahanan Hidup Sepuluh Tahun Penderita Kanker Tiroid Diferensiasi Baik di RSUP Dr. M. Djamil Padang. Onkologi, 44.
- Baderiyah A, Pitoyo J, Setyarini A (2021) Pengaruh Hand Massage Terhadap Tingkat kecemasan Pasien Pre Operasi Pada Pembedahan Elektif. Journal of Applied nursing (Jurnal Keperawatan Terapan). 2021 7(2):116.https://doi.org/10.31290/jkt.v 7i2.2772
- Baderiyah et al (2021) Pengaruh HandMassage Terhadap Tingkat Kecemasan Pasien PreOperasi,” J. Keperawatan Terap. (e-Journal), Vol.7 , No. 2 20 2442-6873, vol. 7, no. 2, hal. 116–125, 2021.
- Bhavani, D. ezhil, R, M., & P, K. (2018). Evaluating the Effects of Neck Exercise on Post Thyroidectomy Patients – A Pilot Study. Review Article, 7(17).
- Bhavani, D. ezhil, R, M., & P, K. (2018). Evaluating the Effects of Neck Exercise on Post Thyroidectomy Patients – A Pilot Study. Review Article, 7(17).
- Brunner, & Suddarth. (2013). *Textbook of medical surgical nursing 12th edition*
- Dorland, W. A. (2021). Buku Saku Kedokteran (29th ed.). Furtado, L. (2011). Thyroidektomy:post-operative care and common complications. Nursing Standart, 25.

Global Cancer Observatory. (2020). International agent for research on cancer. 419, 199–200.

Greenlee, H., Reyes, M., Balneaves, L., Carlson, L., Mumber, M., Jhonson, J., Cohen, M., Deng, G., Tripathy, D., & Boyce, L. (2017). Clinical Practice Guidelines on the Evidence Based Use of Integrative Therapies. *Cancer Journal of Clinical*, 67(3), 194–232.

Greenlee, H., Reyes, M., Balneaves, L., Carlson, L., Mumber, M., Jhonson, J., Cohen, M., Deng, G., Tripathy, D., & Boyce, L. (2017). Clinical Practice Guidelines on the Evidence Based Use of Integrative Therapies. *Cancer Journal of Clinical*, 67(3), 194–232.

Guy, & Thomas, S. (2018). *Exercises and Advice for Patients Recovering From Thyroid Surgery*. NHS Foundation Trust.

Hidayat, Alimul, Aziz (2020) *Riset Keperawatan dan Teknik Penulisan Ilmiah*. Jakarta: Salemba Medika, 2020.

Hurwitz, E., Carragee, E., Velde, G., Guzman, J., Peloso, P., Holm, L., Cote, P., Jhonson, S., Cassidy, D., & Haldeman, S. (2019). *Treatment Of Neck pain : Moninvasive Interventions. Public Health Science*.

Kathrin Lederer, A., Maly, C., Weinert, T., & Huber, R. (2019). Tissue Stiffness Not Related To Pain Experience : An Individually Controlled Study In Patients With Chronic Neck And Back Pain. *Evidance Based Complementary and Alternative Medicine*.

Kholifah (2019) Pengaruh Dukungan Keluarga Terhadap TingkatKecemasan Pada Pasien Pre Operatif Di Ruang Rawat Inap Rsud Prof. Dr. Margono okerto,” Thesis (Bachelor), 2019, [Daring]. Tersedia pada: <http://repository.ump.ac.id/id/eprint/3855>.

Kisner, C., Colby, L. A., & Budhyanti, W. (2017). *Terapi Latihan Dasar dan Teknik*. EGC.

- Liebert, M. A. (2019). Clinical Thyroidology. 29(9).
- Magdy, H., Rezk, M., Muhamed, S. S., & Ali, M. M. (2022). Effectiveness of Neck Stretching Exercises on Neck Pain and Disability for Patient with Total Thyroidectomy. Nursing Science, 3.
- Magdy, H., Rezk, M., Muhamed, S. S., & Ali, M. M. (2022). Effectiveness of Neck Stretching Exercises on Neck Pain and Disability for Patient with Total Thyroidectomy. Nursing Science, 3.
- Maulana, P. Handani, dan B. Utoyo (2019) Penerapan Teknik Effleurage Menggunakan Minyak Zaitun Terhadap Pengurangan Intensitas Nyeri pada
- Melnyk, & Fineout. (2012). *Evidence Based Practice In Nursing and Healthcare : a Guide to Best Practice.*
- Muladi, I. (2022). Hubungan lama Berkendara Sepeda Motor Dengan kaku Leher Pada Mahasiswa Binawan. Skripsi Fisioterapi.
- Nakamura, K., Kodoma, T., & Mukkaino, Y. (2024). Effects of Aktive Individual Muscle Stretching On Muscle Function. Journal of Physical Therapy Science, 26, 341–344.
- PPNI. (2018). *Standar Diagnosis Keperawatan Indonesia:Definisi dan Indikator Diagnostik* (1st ed.). PPNI.
- PPNI. (2018). *Standar Intervensi Keperawatan Indonesia: Definisi dan Tindakan Keperawatan* (1st ed.). PPNI.
- PPNI. (2018). *Standar Luaran Keperawatan Indonesia: Definisi dan Kriteria Hasil Keperawatan* (1st ed.). PPNI.
- Putri, E., Khambir, D., & Rusjdi, S. R. (2017). Hubungan Daerah Tempat Tinggal Dengan Gambaran Hispatologi Karsinoma Tiroid Pada Masyarakat Sumatera Barat. Kesehatan Andalas.

- Putri, E., Khambir, D., & Rusjdi, S. R. (2017). Hubungan Daerah Tempat Tinggal Dengan Gambaran Hispatologi Karsinoma Tiroid Pada Masyarakat Sumatera Barat. *Kesehatan Andalas*.
- Risnah. (2020). *Konsep Medis dan Keperawatan Pada Sistem Onkologi*.
- Rout, K., Ray, C. S., Behera, S. K., & Biswal, R. (2021). A Comparative Study Of FNAC and Histopathology of Thyroid Swellings. *Otolaryngology*, 4, 370–372.
- Turkmen, A., Cavdar, I., & Aksakal, N. (2022). The Effect of Head-Neck Stretching Exercises After Thyroidectomy on Postoperative Level of Pain and Disability. 4, 177–186.
- Turkmen, A., Cavdar, I., & Aksakal, N. (2022). The Effect of Head-Neck Stretching Exercises After Thyroidectomy on Postoperative Level of Pain and Disability. 4, 177–186.
- WHO. (2018). World health statistic: monitoring health for the SDGs, sustainable development goals.

Lampiran 1

SOP HAND MASSAGE DENGAN MINYAK ZAITUN

(PIJAT TANGAN)