

Gambaran fungsi kognitif pada perawat gilir di Rumah Sakit Cipto Mangunkusumo = Cognitive profile of shift nurses in Rumah Sakit Cipto Mangunkusumo / Hanartoaji Anggana Pribadi

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Abstrak

ABSTRAK

Latar Belakang. Sekitar 75% perawat di rumah sakit menjalani kerja gilir. Salah satu dampak negatif akibat kerja gilir jangka panjang adalah gangguan fungsi kognitif. Mekanisme yang menjelaskan gangguan fungsi kognitif adalah gangguan tidur kronik, desinkronisasi irama sirkadian dan stress kerja. Pengetahuan mengenai fungsi kognitif pada perawat gilir merupakan hal yang penting karena akan mempengaruhi produktivitas kerja perawat.

Metode. Desain penelitian berupa studi potong lintang. Subyek penelitian adalah perawat gilir di IGD, ICU dan bangsal gedung A RSCM yang memenuhi kriteria inklusi dan eksklusi. Subyek diperoleh secara konsekutif proporsional. Pada subyek dilakukan wawancara, pengisian kuesioner, pemeriksaan fisik dan fungsi kognitif. Pemeriksaan fungsi kognitif dilakukan minimal dua malam setelah gilir malam terakhir. Dilakukan analisis data menggunakan perangkat SPSS 17.0.

Hasil. Diperoleh 36 subyek perawat gilir di masing – masing unit kerja. Prevalensi gangguan kognitif pada perawat gilir berdasarkan MoCA-Ina adalah 14,8%. Proporsi gangguan fungsi kognitif terbanyak terdapat pada perawat IGD (50,0%) diikuti oleh bangsal gedung A (31,2%) dan ICU (18,8%). Pada domain fungsi kognitif rerata tertinggi terdapat pada perawat ICU, kecuali pada domain visuospasial terdapat pada perawat bangsal, sedangkan pada domain orientasi sama pada semua unit.

Kesimpulan. Sebagian perawat gilir mengalami gangguan fungsi kognitif. Tidak terdapat perbedaan bermakna rerata skor MoCA-Ina maupun proporsi gangguan fungsi kognitif antar unit kerja. Pada domain MoCA-Ina perbedaan rerata yang bermakna hanya terdapat pada domain atensi-konsentrasi-working memory.

ABSTRACT

Background. About 75% hospital nurses work in shift. One of negative effects due to long term shift work is cognitive function impairment. Mechanisms explaining the cognitive function impairment are chronic sleep disorder, circadian rhythm desynchronisation, and work stress. Knowledge of cognitive function in shift nurses is important because affects nurse work productivity.

Method. This is a cross sectional study. The subjects of this study were shift nurses working at Emergency Ward, Intensive Care Unit, and Inpatient Ward of RSCM who are eligible based on inclusion and exclusion criteria. This study used proportional consecutive sampling, where all subjects were interviewed, filled questionnaires, and underwent physical and cognitive examination. The cognitive examination were done at

least two nights after last night shift. Data was analyzed by using SPSS 17.0.

Result. There were 36 shift nurses in each work unit. Prevalence of cognitive impairment in shift nurses based on MoCA-Ina battery was 14.8%, which the most prevalence was found at Emergency Ward (50.0%), followed by Inpatient Ward (32.1%) and Intensive Care Unit (18.8%). The highest score of all cognitive domains was found at Intensive Care Unit, except in visuospatial which was found at Inpatient Ward, meanwhile every unit had similar mean score in orientation.

Conclusion. A few shift nurses had cognitive impairment. There was no significant difference in both MoCA-Ina mean score and proportion of cognitive impairment among work units. There was significant difference in mean score of attention-concentration-working memory.