

Analisis praktik residensi keperawatan medikal bedah pada pasien dengan gangguan sistem muskuloskeletal dengan penerapan teori self care orem di RSUP Fatmawati, Jakarta = An analysis of medical surgical nursing advanced clinical practice on musculoskeletal disorder patients with orem`s self care theory in Fatmawati Public Hospital Jakarta

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Abstrak

Praktik residensi di ruang ortopedi untuk memberikan asuhan keperawatan pada gangguan muskuloskeletal menggunakan teori keperawatan Self Care Orem's, menerapkan praktik keperawatan berdasarkan pembuktian, dan melakukan inovasi keperawatan. Kasus kelolaan utama pada gangguan sistem muskuloskeletal adalah osteomyelitis kronis. Masalah keperawatan paling banyak adalah nyeri dan mobilitas fisik untuk universal self care requisites serta kurang pengetahuan untuk developmental self care requisites. Intervensi keperawatan berdasarkan pembuktian yang telah diterapkan adalah cold compression therapy yang dapat meningkatkan proses penyembuhan dengan indikator penurunan nyeri dan edema, serta peningkatan rentang gerak sendi. Inovasi keperawatan yaitu penggunaan Clinical Practice Guideline untuk melakukan asuhan keperawatan berdasarkan clinical pathway pada pasca ORIF ekstremitas bawah. Perawat dapat menerapkan teori Self Care Orem's, cold compression therapy, serta melakukan kegiatan inovasi untuk meningkatkan kompetensi perawat dan kualitas pelayanan keperawatan.

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The advanced clinical practice in orthopaedic ward involved the planning of nursing care for musculoskeletal disorders patients with Orem's Self Care theory, the implementation of evidenced based nursing practice, and the implementation of nursing innovations. The primary case management of the musculoskeletal system disorders is chronic osteomyelitis. Most nursing problems for the universal selfcare requisites are pain and physical mobility, while for the developmental self care requisites is knowledge deficit. The evidence based nursing intervention implemented was cold compression therapy. It can improve the healing process with the indicators of decreased pain and edema, and increased range of motion. The nursing innovation implemented was the use of Clinical Nursing Practice Guideline in giving nursing care based on the clinical pathways post-ORIF lower extremities. Nurses can apply the Orem's Self Care Theory, cold compression therapy, and innovation activities to improve their competency and also quality of nursing services.