

Analisis praktik residensi keperawatan medikal bedah pada pasien dengan gangguan sistem kardiovaskuler dengan penerapan teori keperawatan model adaptasi roy di RS. Jantung dan Pembuluh Darah Harapan Kita dan RS. Pusat Angkatan Darat Gatot Soebroto, Jakarta = Analysis of medical surgical nursing clinical practice of residency on patient with cardiovascular system disorders using roy's adaptation theory National Cardiovascular Centre Harapan Kita and Army Hospital Centre Gatot Soebroto, Jakarta

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Abstrak

Penyakit kardiovaskuler merupakan penyebab kematian nomor satu di dunia. Penyakit ini menyebabkan perubahan fisik dan psikologis yang memerlukan adaptasi. Praktik residensi memfasilitasi residen menjalankan perannya sebagai praktisi, pendidik, peneliti dan inovator menggunakan pendekatan teori Model Adaptasi Roy (MAR). Perilaku yang ditemukan pada pasien dengan Acute Coronary Syndrome, Heart Failure, Disritmia, Bedah Jantung, adalah nyeri dada, sesak nafas, lemah, pusing, berdebar, edema, rhonci basah, hipertensi/hipotensi, takikardi/bradikardi, perubahan EKG, Ejection Fraction menurun, peningkatan enzyme jantung.

Masalah yang muncul: nyeri akut, penurunan perfusi miokard, penurunan cardiac output, kelebihan cairan, intoleransi aktivitas. Intervensi yang diberikan: pain management, cardiac care, fluid management, circulatory care, hemodynamic regulator, oxygen therapy. Penerapan Evidence Based Nursing terapi dingin dengan gelpack efektif menurunkan skala nyeri sternotomy saat latihan nafas dalam dan batuk dari sedang menjadi ringan. Inovasi dilakukan untuk meningkatkan mutu pelayanan melalui monitoring komplikasi pasien post PCI.

Saran: MAR diaplikasikan dalam Asuhan Keperawatan, terapi dingin dibuat Standart Operating Procedure, format monitoring komplikasi pasien post PCI diterapkan.

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Cardiovascular disease is the number one cause of death in the world. The disease causes physical and psychological changes that require adaptation. Clinical residency facilitate resident apply her role as practitioners, educators, researchers and innovators with the Roy Adaptation Model. Patient's behavior in with Acute Coronary Syndrome, Heart Failure, dysrhythmias, Cardiac Surgery are chest pain, dyspnea, weakness, dizziness, palpitations, edema, rhonci, hypertension/ hypotension, tachycardia/ bradycardia, ECG changes, decreased Ejection Fraction and increase in cardiac enzyme.

Problems: acute pain, decreased myocardial perfusion, decreased cardiac output, fluid overload, activity intolerance. Interventions provided: pain management, cardiac care, fluid management, circulatory care, hemodynamic regulator, oxygen therapy. Evidence Based Nursing cold therapy can be used to manage sternal incisional pain when breathing in and coughing exercises. Innovation had done to improve the quality of service through the complications monitoring of post-PCI patients.

Suggestion: MAR applied in Nursing, cold therapy made as Standart Operating Procedure, complications monitoring post PCI patient' form can be applied.