

Hubungan pola hidup terhadap kejadian nyeri dada kardiak berulang pada klien post PCI (percutaneous coronary intervention) = The relationship of lifestyle toward recurrent chest pain incidence in post percutaneous coronary intervention (PCI) clients

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Abstrak

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Pemberian edukasi terkait Pola hidup merupakan salah satu intervensi keperawatan yang dapat diberikan pada klien post PCI dalam mencegah terjadinya kejadian nyeri dada kardiak berulang. Penelitian ini bertujuan untuk mengidentifikasi hubungan karakteristik dan pola hidup terhadap kejadian nyeri dada kardiak berulang pada klien post PCI dengan menggunakan metode survei analitik pendekatan cross sectional. Sampel berjumlah 110 klien post PCI. Teknik sampling yang digunakan adalah purposive sampling. Responden mengisi kuesioner berupa data demografi, kejadian nyeri dada kardiak berulang, dan 20 pertanyaan tentang pola hidup. Hasil penelitian menunjukkan adanya hubungan antara pola hidup dengan kejadian nyeri dada kardiak berulang post PCI dengan nilai $p < 0,05$ ($p=0,001$). Penelitian ini bermanfaat bagi pelayanan keperawatan dalam mengevaluasi terjadinya penyumbatan kembali pembuluh darah yang menyebabkan nyeri dada berulang sehingga dapat memberikan ataupun menyusun strategi dalam memodifikasi intervensi keperawatan untuk mengurangi kejadian nyeri dada berulang, dan dapat meningkatkan status kemampuan fungsional pada klien post PCI.

ABSTRACT

Pattern of life or lifestyle is one of the nursing interventions that can be given to post PCI clients in preventing the occurrence of recurrent cardiac chest pain. This study aims to identify the relationship of characteristics and lifestyle to the incidence of recurrent cardiac chest pain in post PCI clients by using cross sectional analytical survey method. The sample numbered 110 post PCI clients. The sampling technique used is purposive sampling. Respondents fill out questionnaires in the form of demographic data, incidence of recurrent cardiac chest pain, and 20 questions about lifestyle. This study was analyzed using Chi square test, independent T-Test and mann whitney test. The result of this research showed that there was a correlation between the age and the incidence of recurrent cardiac chest pain post PCI (0,03), there was a correlation the history of diabetes of the respondent and the incidence of recurrent cardiac chest pain post PCI (0,001), the correlation between frequency of PCI and the incidence of recurrent cardiac chest pain post PCI (0,03), and the lifestyle relation with recurrent cardiac chest pain post PCI ($p = 0,001$). Further research may require adding an independent variable that affects the occurrence of recurrent pain in post PCI clients or specifying research topics such as factors that affect the incidence of recurrent chest pain in post PCI clients. This study is useful for nursing services in evaluating the occurrence of blockage of blood vessels that cause chest pain, can provide or develop strategies in modifying nursing interventions to reduce the incidence of recurrent chest pain in post PCI clients, in order to improve functional ability status in post PCI clients.