

Analisis penerapan standar asuhan keperawatan pada pasien halusinasi pendengaran berdasarkan model self management = The analysis of implementation of nursing care standards on patients with hearing hallucinations based on self-management model

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Abstrak

Halusinasi pendengaran dapat memberikan dampak negatif, yaitu membuat klien merasa sangat stres terutama jika isi halusinasi merendahkan klien dan memberikan perintah yang buruk. Penulisan karya ilmiah akhir ini bertujuan untuk menganalisis penerapan Standar asuhan keperawatan pada Tn. D (30 tahun) dengan halusinasi pendengaran berdasarkan model *self management*. Intervensi Standar asuhan keperawatan yaitu mengidentifikasi halusinasi, melatih klien mengontrol halusinasi dengan menghardik, bercakap-cakap, melakukan aktivitas, dan patuh minum obat. Model *self management* terdiri dari tiga bagian yaitu *assessment of voice hearers experience*, *nursing interventions*, dan *voice hearers outcomes*. Hasil dari karya ilmiah ini menunjukkan klien mengalami penurunan gejala halusinasi dari skor 20 menjadi 3, dan peningkatan kemampuan mengontrol halusinasi dari skor 1 menjadi 10, serta klien mampu memilih strategi yang terbaik untuk mengurangi gejala halusinasi pendengaran. Model *self management* dapat diadaptasi untuk mengembangkan standar asuhan keperawatan jiwa yang selama ini telah digunakan dengan tujuan meningkatkan mutu pelayanan asuhan keperawatan kepada klien.

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Hearing hallucinations can cause negative effects, which is to make clients feel very distressed due to the voices degrading themselves and telling them to do bad things. This scientific writing aims to analyse the implementation of nursing care standards on Mr. D (30 years old) with hearing hallucination based on self-management model. The interventions of nursing care standards are identify hallucinations, train clients to control hallucinations by rebuking, talk to someone, doing activities, and taking medication. Self-management model comprises of three parts: *assessment of voice hearers experience*, *nursing interventions* and *voice hearers outcomes*. The result of the writing shows that clients experience a decrease in hallucinatory symptoms from a score of 20 to 3, and an increase in the ability to control hallucinations from a score of 1 to 10, and clients are able to decide the strategy they think most effective to overcome hearing hallucinations as well as the reduction of their hallucination symptoms. The self-management model can be adapted to develop mental nursing care standards that have been used so far with the aim of improving the quality of nursing care for clients.