

# Analisis Praktik Ners Spesialis Keperawatan Medikal Bedah Peminatan Neurologi Dengan Kasus Utama Lumbal Spinal Canal Stenosis di Rumah Sakit Pusat Otak Nasional Prof. Dr. dr. Mahar Mardjono Jakarta = Practical Analysis Nurse Practitioner Residency of Medical Surgical Nursing Specialist in Neurological System Disorder Patient with The Main Case Lumbal Spinal Canal Stenosis Using Roy's Adaptation Model Approach in National Brain Centre Hospital Prof. DR

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## Abstrak

Analisis praktik residensi keperawatan medikal bedah ini merupakan karya akhir ners spesialis. Analisis praktik residensi ini bertujuan memberikan gambaran pelaksanaan praktik resiensi, terutama pengelolaan berbagai kasus neurologi. Analisis ini terdiri dari kasus kelolaan utama dan resume menggunakan pendekatan model adaptasi Roy, penerapan evidence based nursing (EBN) dan proyek inovasi. Kasus kelolaan utama pada laporan ini adalah lumbal spinal canal stenosis. Pada kasus kelolaan diagnosis keperawatan nyeri kronis, hambatan mobilitas fisik, risiko ketidakstabilan kadar glukosa darah, ansietas, hambatan ventilasi spontan, penurunan curah jantung, defisien pengetahuan dapat teratasi. Pada 30 kasus resume dengan penyakit gangguan neurologi terdapat 3 diagnosis keperawatan terbanyak yaitu risiko jatuh, nyeri akut dan hambatan komunikasi verbal. Penerapan EBN yang dilakukan pada praktik residensi ini adalah tentang therapeutic positions pada pasien stroke perawatan hari ketiga, dan terbukti dapat menurunkan tekanan darah, heart rate, respiration rate dan meningkatkan SPO2. Pada praktik ini juga residen menerapkan proyek inovasi dalam meningkatkan pengetahuan perawat tentang Nurse-Led Early Mobilization dalam melakukan asuhan keperawatan pada pasien dengan pembedahan spinal, hasil penerapan inovasi ini menunjukkan terjadinya peningkatan pengetahuan perawat terkait asuhan keperawatan perioperatif pada pasien pembedahan spinal. Banyak manfaat yang didapatkan dari praktik residensi yang telah dilakukan diantaranya latihan critical thinking dalam mengelola kasus sulit, melatih kemampuan kolaborasi dengan tim kesehatan lainnya, menerapkan asuhan keperawatan berbasis bukti. Hal ini sangat mendukung kepuasan pasien terhadap pelayanan keperawatan di rumah sakit.

.....This analysis of medical surgical nursing residency practice is the final work of specialist nurses. This residency practice analysis aims to provide an overview of the implementation of residency practices, especially the management of various neurological cases. This analysis consists of main managed cases and resumes using the Roy adaptation model approach, evidence-based nursing (EBN) applications, and innovation projects. The main case managed in this report is lumbar spinal canal stenosis. In cases of managed nursing diagnoses of chronic pain, physical mobility barriers, risk of instability of blood glucose levels, anxiety, spontaneous ventilation barriers, decreased cardiac output and knowledge deficiency can be overcome. In 30 cases of resumes with neurological disorders, there were 3 nursing diagnoses, namely the risk of falling, acute pain, and verbal communication barriers. The application of EBN in this residency practice is about therapeutic positions in stroke patients on the third day of treatment and is proven to reduce blood pressure, heart rate, and respiration rate and increase SPO2. In this practice, residents also implemented an innovation project to increase nurses' knowledge about Nurse-Led Early Mobilization in

carrying out nursing care for patients with spinal surgery. The results of implementing this innovation indicated an increase in nurses' knowledge related to perioperative nursing care for spinal surgery patients. Many benefits have been obtained from the residency practice that has been carried out including critical thinking exercises in managing difficult cases, training the ability to collaborate with other health teams, and implementing evidence-based nursing care. This greatly supports patient satisfaction with nursing services at the hospital.