

# Analisis Praktik Residensi Keperawatan Medikal Bedah Pada Pasien Osteoarthritis Genu Bilateral Dengan Pendekatan Teori Self Care Orem Di Rumah Sakit Umum Pusat Fatmawati Jakarta = Analysis of Medical Surgical Nursing Residency Practice in Bilateral Genu Osteoarthritis Patients Using Orem's Self Care Theory Approach at Fatmawati General Hospital Jakarta

Saragih, Betty Luinta , author

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## Abstrak

Gangguan sistem muskuloskeletal dapat terjadi pada semua usia dan mempengaruhi kualitas hidup penderitanya. Masalah sistem ini dapat mengakibatkan peningkatan angka morbiditas dan mortalitas bila tidak ditangani dengan segera dan tepat. Intervensi keperawatan berdasarkan hasil telaah bukti dalam praktik keperawatan medikal bedah diperlukan dalam memperoleh pelayanan profesional dan berkualitas. Praktik Ners Residensi Spesialis dilakukan untuk mengimplementasikan peran Ners Spesialis sebagai care giver, pendidik, pengelola pelayanan keperawatan, peneliti, pembaharu dan pelaksana tugas berdasarkan pelimpahan wewenang. Peran Ners Spesialis sebagai care giver dilakukan secara langsung pada 1 klien sebagai kasus kelolaan utama dengan Osteoarthritis genu bilateral dan 30 klien sebagai kasus resume dengan variasi penyakit menggunakan pendekatan teori self-care Orem. Peran Ners Spesialis sebagai edukator selain dilakukan terhadap pasien juga dengan rekan sejawat di tatanan pelayanan rumah sakit melalui kegiatan journal reading berdasarkan fenomena lapangan. Peran Ners Spesialis sebagai peneliti dengan penerapan EBN (Evidence Based Nursing) menggunakan chewing gum sebagai pencegahan postoperative ileus pada fraktur hip. Sedangkan, peran Ners Spesialis sebagai pembaharu dengan melakukan proyek inovasi berupa pengkajian awal risiko deep vein thrombus (DVT) menggunakan "Autar Scale" sebagai pemikiran dasar dalam melakukan asuhan keperawatan terhadap klien gangguan ekstremitas bawah.

..... Musculoskeletal system disorders can occur at any age and affect the quality of life of sufferers. If not treated promptly and appropriately, this disorder can lead to increased morbidity and mortality. Nursing interventions based on the results of evidence review in medical surgical nursing practice are necessary in order to obtain professional and quality services. The Specialist Nurse Residency Practice is carried out to implement the role of Specialist Nurse as a care giver, educator, manager of nursing services, researcher, reformer, and executor of duties based on delegation of authority. The role of the Specialist Nurse as a care giver is carried out directly to 1 client as the main case managed with bilateral genu Osteoarthritis and 30 clients as resume cases with a variety of diseases. Orem's self-care theory is utilized as an approach of the research. The role of Specialist Nurses as educators is carried out not only for patients but also with colleagues in the hospital service setting through journal reading activities based on the field phenomena. The role of the Specialist Nurse as a researcher with the application of EBN (Evidence Based Nursing) is using chewing gum as a prevention of postoperative ileus in hip fractures. Meanwhile, the role of the Specialist Nurse as a reformer is carrying out an innovative project in the form of initial risk assessment of deep vein thrombus (DVT) using the "Autar Scale" as the core idea in carrying out nursing care for patients with lower limb disorders.