

# Analisis Penerapan teori Virginia Henderson pada pasien Karsinoma Sel Skuamosa Laring dan Evidence Based Nursing Practice di RSUPN DR Cipto MAngunkusumo = Analysis of Application of Virginia Henderson's theory to Laryngeal Carcinoma Cell Squamous patient and evidence based nursing practice at RSUPN DR Cipto Mangunkusumo

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## Abstrak

Mual dan muntah akibat kemoterapi merupakan salah satu efek samping kemoterapi yang paling sering terjadi dan terbukti secara signifikan menurunkan kemampuan pasien dalam melakukan aktifitas sehari-hari, beresiko menimbulkan komplikasi fisik seperti malnutrisi dan dapat mempengaruhi kesediaan pasien menyelesaikan pengobatan primer kanker. Tujuan penerapan EBN ini adalah menilai efektifitas posisi semi fowler m mengurangi mual dan muntah akibat kemoterapi pada pasien kanker, dan menemukan berbagai kelebihan dan kekurangan posisi semi fowler dalam mengurangi mual dan muntah akibat kemoterapi. Hasil penelusuran database didapatkan satu jurnal utama yang dijadikan acuan penanganan mual muntah akibat kemoterapi. Posisi semifowler diberikan selama 3-4 jam dimulai saat kemoterapi dimulai. Skala mual muntah diukur saat kemoterapi dimulai dan setiap 3 jam setelah kemoterapi diberikan sampai dengan 24 jam dengan menggunakan VAS dan catatan harian muntah pasien. 17 pasien dilibatkan dalam penerapan EBN ini. Hasil penerapan EBN ini menunjukkan peningkatan rata-rata keparahan mual dan muntah mulai jam ke 3 dan mencapai puncaknya pada jam ke 18, namun selanjutnya mulai terjadi penurunan keparahan mual dan muntah, demikian juga dengan rata-rata frekuensi mual dan muntah, terjadi peningkatan rata-rata frekuensi mual dan muntah pada jam ke 18 dan selanjutnya mulai terjadi penurunan rata-rata frekuensi mual dan muntah. Berdasarkan hasil penerapan EBN ini menunjukkan posisi semi fowler dapat diterapkan dalam menurunkan keparahan mual dan muntah pada pasien kemoterapi.

.....Chemotherapy-induced nausea and vomiting (CINV) is one of the most common side effects of chemotherapy and has been shown to significantly reduce the patient's ability to carry out daily activities, at risk of causing physical complications such as malnutrition and can affect the patient's willingness to complete primary cancer treatment. The aim of the EBN implementation is to assess the effectiveness of semi fowler's position to reduce chemotherapy nausea and vomiting in cancer patients, and find various advantages and disadvantages of semi fowler position in reducing nausea and vomiting due to chemotherapy. The search results of the database found that one main journal was used as a reference for handling nausea and vomiting due to chemotherapy. The semifowler position is given for 3-4 hours starting when chemotherapy starts. The scale of nausea vomiting was measured when chemotherapy was started and every 3 hours after chemotherapy was given up to 24 hours using VAS and the patient's vomiting diary. 17 patients were involved in implementing the EBN. The results of the EBN implementation showed an increase in the severity of nausea and vomiting starting at 3 o'clock and reaching its peak at 18 o'clock, but subsequently it began to decrease the severity of nausea and vomiting, as well as the average frequency of nausea and vomiting. the average frequency of nausea and vomiting at the 18th hour and subsequently began to decrease the average frequency of nausea and vomiting. Based on the results of the EBN application, the semi fowler position was effective in reducing the severity of nausea and vomiting in chemotherapy

patients.