

Analisis Praktik Residensi Keperawatan Medikal Bedah pada Pasien Gangguan Sistem Respirasi Kanker Paru dengan Pendekatan Teori Keperawatan Calista Roy di Rumah Sakit Persahabatan Jakarta = Analysis of Medical Surgical Nursing Residency Practices in Patients with Respiratory System Disorders with Lung Cancer using Calista Roy's Nursing Theory Approach at Persahabatan Hospital, Jakarta

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Abstrak

Praktik keperawatan residensi peminatan sistem respirasi yang dilakukan di Rumah Sakit Persahabatan diharapkan dapat meningkatkan pelayanan keperawatan pada pasien dengan masalah gangguan pernapasan. Selama menjalani proses residensi, residen berperan sebagai clinical nurse specialist yang bertugas sebagai pemberi asuhan keperawatan langsung kepada pasien, konsultan keperawatan bagi staf keperawatan dan edukator bagi pasien, serta peneliti dalam meningkatkan mutu atau kualitas asuhan keperawatan melalui penerapan Evidence Based Nursing (EBN). Dalam memberikan asuhan keperawatan langsung kepada pasien, residen menerapkan teori keperawatan Calista Roy pada kasus kelolaan utama dengan diagnosa medis kanker paru T4N2M1b dan 30 kasus resume dengan masalah gangguan pernapasan. Pada kasus resume ini didapatkan diagnosa medis terbanyak adalah kanker paru, diagnosa keperawatan terbanyak pola napas tidak efektif dan bersihan jalan napas tidak efektif, dan intervensi keperawatan yang paling banyak adalah manajemen airway. Penerapan model adaptasi Roy menunjukkan peran perawat sebagai pemberi asuhan keperawatan dalam membantu individu, baik dalam kondisi sakit maupun pada proses penyembuhan dan peningkatan pemeliharaan kesehatan di setiap mode fisiologis, konsep diri, fungsi peran dan interdependen. Selama melakukan asuhan keperawatan, masalah keperawatan yang banyak muncul yaitu pada mode fisiologis berupa masalah gangguan oksigenasi. Hasil analisis praktik residensi keperawatan didapatkan bahwa asuhan keperawatan menggunakan pendekatan model adaptasi Roy bertujuan untuk membantu individu sedini mungkin beradaptasi terhadap stimulus baik stimulus internal maupun stimulus eksternal. Pada penerapan EBN residen melakukan penerapan progressive relaxation exercise untuk mengurangi gejala efek samping kemoterapi pada pasien kanker paru yang menjalani kemoterapi. Hasil penerapan EBN menunjukkan bahwa progressive relaxation exercise berkontribusi dalam menurunkan gejala efek samping kemoterapi. Selain itu, residen bersama kelompok melakukan inovasi tentang perawatan pasien yang terpasang WSD yang mencakup pada skrining awal, perawatan sebelum terpasang WSD, perawatan selama terpasang WSD, perawatan saat dan setelah pencabutan WSD. Tujuan dari inovasi ini untuk meningkatkan kemampuan dan pengetahuan perawat dalam perawatan pasien yang terpasang WSD dan hasil akhirnya berupa booklet perawatan pasien yang terpasang WSD sebagai panduan dalam memberikan perawatan kepada pasien yang terpasang WSD.

.....Residency nursing practice specializing in the respiratory system carried out at Persahabatan Hospital is expected can improve nursing care for patients with respiratory problems. During the residency process, residents act as clinical nurse specialists who provide direct nursing care to patients, nursing consultants for nursing staff and educators for patients, as well as researchers in improving the quality of nursing care through the application of Evidence Based Nursing (EBN). In providing direct nursing care to patients,

residents apply Roy's adaptation model nursing theory to primary management cases with a medical diagnosis of T4N2M1b lung cancer and 30 resume cases with respiratory problems. In this resume case, the most common medical diagnosis was lung cancer, the most common nursing diagnosis was ineffective breathing patterns and airway clearance is ineffective, and the most common nursing intervention was airway management. The application of Roy's adaptation model shows the role of nurses as providers of nursing care in helping individuals, both in sick conditions and in the healing process and improving health maintenance in every physiological, self-concept, role and interdependent mode. During nursing care, nursing problems that often arise are in the physiological mode in the form of problems with oxygenation disorders. The results of the analysis of nursing residency practice showed that nursing care using the Roy adaptation model approach aims to help individuals adapt as early as possible to stimuli, both internal and external stimuli. In implementing EBN, residents apply progressive relaxation exercise to reduce the symptoms of side effects of chemotherapy in lung cancer patients undergoing chemotherapy. The results of applying EBN show that progressive relaxation exercise contributes to reducing the symptoms of chemotherapy side effects. Apart from that, the resident and the group innovated regarding the care of patients who had a WSD installed, which included initial screening, care before the WSD was installed, care while the WSD was installed, care during and after the WSD was removed. The aim of this innovation is to increase nurses' abilities and knowledge in caring for patients who have WSD installed and the final result is a patient care booklet with WSD installed as a guide in providing care to patients who inserted WSD.