

Hubungan Pengetahuan, Sikap dan Kesadaran Diri Perawat dengan Kualitas Resusitasi Jantung Paru Dewasa di Rumah Sakit = the relationship between knowledge, attitude and self awareness with quality of adult cardiopulmonary resuscitation at hospital

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Abstrak

Henti jantung merupakan situasi darurat tertinggi yang membutuhkan resusitasi jantung paru segera. Jika dilakukan dengan benar, peluang hidup tanpa kecacatan neurologis pasien pasca henti jantung meningkat sebesar tiga kali lipat. Peran perawat vital dalam keberhasilan RJP karena umumnya menjadi responden pertama yang mengidentifikasi henti jantung dan mengaktifkan rantai keberlangsungan hidup di Rumah Sakit sebelum bantuan lanjutan datang. RJP berkualitas yang diberikan bergantung pada aspek kognitif, afektif dan psikomotorik perawat. Tujuan penelitian ini adalah mengetahui hubungan antara pengetahuan, sikap dan kesadaran diri perawat dengan kualitas RJP dewasa di Rumah Sakit. Desain penelitian ini adalah cross sectional dengan consecutive sampling pada 89 responden. Pengumpulan data menggunakan kuesioner Knowledge Questions on Adult Basic Life Support (BLS), Attitude Questions Related to Cardiopulmonary Resuscitation CPR awareness in clinical practice dan lembar observasi Report Card CPR Quality Analysis American Heart Association, Hasil penelitian ini mendapatkan mayoritas responden berusia $\leq$ 35 tahun (84,27%), berjenis kelamin pria (51,7%), pengalaman kerja $<$ 10 tahun (29,2%), status kepegawaian PNS (88,8%), bekerja di unit perawatan dewasa (61,8%), mengikuti pelatihan BHD $\leq$ 2 tahun (58,4 %) serta melakukan RJP ke pasien dalam waktu $\leq$ 6 bulan terakhir (59,6%). Mayoritas responden memiliki pengetahuan rendah (58,6%), sikap baik terhadap RJP (52,8%) dan kesadaran diri tinggi terhadap RJP(50,6%). Tidak ditemukan hubungan signifikan antara pengetahuan RJP, sikap terhadap RJP dan kesadaran diri perawat dengan kualitas RJP dewasa. Namun ditemukan bahwa pelatihan RJP berhubungan dengan kualitas RJP dewasa. Simpulan dari penelitian ini adalah pelatihan BHD merupakan variabel yang berkontribusi sebesar 71,1% terhadap kualitas RJP dewasa. Rekomendasi penelitian ini adalah perawat perlu melakukan pelatihan RJP yang diperbaharui setiap 2 tahun sekali sesuai dengan rekomendasi AHA.

.....Cardiac arrest is the highest level of emergency condition that requires immediate cardiopulmonary resuscitation (CPR). Proper resuscitation increases the chance of survival without neurological damage by three times. Role of nurses is pivotal in CPR as they are commonly the first responders to identify cardiac arrest and activate the chain of survival before the advanced team arrives. A proper quality of CPR is affected by nurse's cognitive, affective, and psychomotor aspect. Objective: to identify the association between nurse's knowledge, attitude, and self-awareness and quality of adult CPR at hospital. Method: The study was cross-sectional with consecutive sampling which involved 89 participants. The study involved Knowledge Questions on Adult Basic Life Support (BLS), Attitude Questions Related to Cardiopulmonary Resuscitation, CPR Awareness in clinical practice and observation sheet of Report Card CPR Quality Analysis American Heart Association to collect data. Result: Majority of participants were younger than 35 years old (84,27%), males (51,7%), with working experience less than 10 years (29,2%), civil servants (88,8%), working in adult care unit (61,8%), attended Basic Life Support training within last 2 years (58,4 %), had performed CPR within last 6 months (59,6%), had low level of knowledge (58,6%), proper CPR

attitude (52,8%) and high level of self awareness (50,6%). There was no significant correlation between knowledge on CPR, attitude toward CPR, nurse's self awareness of CPR and quality of adult CPR. However, there was significant association between CPR training and quality of adult CPR ($P=0,048$). Conclusion: CPR training was the most significant variable affecting quality of adult CPR by 71.1%. Recommendation: nurses are required to attend an updated CPR training biannually as recommended by AHA.