

Anxietas pada Pasien dengan COVID-19 di Ruang Rawat Inap: Laporan Kasus = The Anxiety in Hospitalized Patient with COVID-19 Infection in Single Treatment Room: Case Report

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Abstrak

Dampak dari perawatan di ruang rawat inap isolasi selama sehari-hari pada klien yang terkonfirmasi positif COVID-19 dapat menimbulkan masalah psikososial yaitu ansietas. Karya ilmiah ini menjelaskan asuhan keperawatan ansietas pada klien COVID-19 yang sedang melakukan perawatan di ruang rawat inap dengan teknik relaksasi, teknik distraksi dan kolaborasi medikasi. Metode karya ilmiah yang digunakan adalah laporan kasus tunggal. Karya ilmiah dilakukan selama 4 hari di ruang rawat inap isolasi RS Universitas Indonesia. Laporan kasus ini berfokus kepada klien Ny. F usia 25 tahun yang setelah dipindahkan dari IGD ke ruang rawat inap mengeluhkan napas tidak teratur dan sulit untuk tidur karena takut sendirian di ruang perawatan. Hasil evaluasi yang didapatkan adalah hilangnya tanda dan gejala ansietas, serta penurunan hasil Hospital Anxiety and Depression Scale (HADS) dari abnormal menjadi normal.

.....The impact of hospitalization in single treatment room for days to the patients who COVID-19 positive tested could lead to the psychosocial problems, one of them is anxiety. This study explained an overview of anxiety nursing care in a patient with COVID-19 who was hospitalized in single treatment room by means of relaxation and distraction techniques also collaboration in medication. The method of this study is single case study. The study was conducted for 4 days in single treatment room of University Indonesia's Hospital. This study focused on Mrs. F, the 25 years old patient that after being transferred from the emergency room to the single treatment room, the patient complains of having irregular breathing and could not sleep at night because the patient was too afraid to be alone in the room. The evaluation result obtained were the disappearance of sign and symptoms of anxiety and the decreasing result of Hospital Anxiety and Depression Scale (HADS) from abnormal to normal.