

Penerapan Teori Caring Swanson dan Care Bundle of Thirst pada Anak Perioperatif dengan Gangguan Rasa Nyaman = Implementing Swanson's Theory of Caring and Care Bundle of Thirst in Perioperative Children with Impaired Comfort

Endang Puspita Sari, author

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Abstrak

Operasi pada anak merupakan prosedur medis yang terus meningkat setiap tahun dan menjadi tantangan keperawatan, terutama dalam periode perioperatif. Salah satu masalah keperawatan yang sering muncul adalah haus akibat puasa praoperasi yang berkepanjangan, yang dapat berdampak pada kenyamanan dan stabilitas fisiologis anak. Karya tulis ini bertujuan untuk memberikan gambaran implementasi care bundle of thirst menggunakan pendekatan teori caring Swanson, yang berfokus pada lima dimensi, maintaining belief, knowing, being with, doing for, dan enabling. Metode yang digunakan adalah studi kasus terhadap lima anak dengan kelainan kongenital yang menjalani operasi elektif yang mendapatkan asuhan keperawatan dengan penerapan teori caring Swanson. Intervensi berbasis bukti ilmiah yang dilakukan meliputi pemberian semprotan air steril dingin dan petroleum jelly untuk mengurangi intensitas haus serta pendekatan keperawatan yang empatik dan partisipatif kepada anak dan keluarga. Hasil evaluasi menunjukkan penurunan intensitas haus, peningkatan kenyamanan oral, penurunan ansietas anak dan orang tua, stabilitas suhu tubuh dan penurunan nyeri pascaoperasi. Penerapan care bundle of thirst yang dipadukan dengan teori Caring Swanson terbukti efektif dalam meningkatkan kualitas asuhan keperawatan anak perioperatif yang mengalami gangguan rasa nyaman. Pendekatan ini tidak hanya menurunkan ketidaknyamanan fisiologis, tetapi juga memperkuat aspek emosional dan psikososial anak serta keluarga.

.....Surgical procedures in children continue to increase each year and present significant challenges in nursing care, particularly during the perioperative period. One of the most common nursing problems encountered is thirst due to prolonged preoperative fasting, which can affect both the child's comfort and physiological stability. This paper aims to describe the implementation of a Care Bundle of Thirst using the framework of Swanson's Theory of Caring, which emphasizes five dimensions: maintaining belief, knowing, being with, doing for, and enabling. The method was used a case study involving five children with congenital anomalies undergoing elective surgery, all of whom received nursing care based on Swanson's caring theory. The evidence-based interventions included the administration of cold sterile water spray and petroleum jelly to reduce thirst intensity, along with empathetic and participatory nursing approaches for both the children and their families. Evaluation results demonstrated a reduction in thirst intensity, improved oral comfort, decreased anxiety in both children and parents, stabilized body temperature, and reduced postoperative pain. The integration of the Care Bundle for Thirst with Swanson's Caring Theory proved to be effective in enhancing the quality of perioperative pediatric nursing care for children experiencing discomfort. This approach not only mitigated physiological distress but also strengthened the emotional and psychosocial support provided to both the child and their family.