

# Analisis praktik residensi Keperawatan Medikal Bedah pada pasien dengan gangguan sistem perkemihan dengan penerapan teori self care orem di Rumah Sakit Umum Pusat Fatmawati Jakarta = Analysis of medical surgical nursing clinical practice of Residency on patient with urinary system disorders using self care orem theory in Fatmawati Hospital Jakarta

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## Abstrak

Residensi keperawatan medikal bedah dilaksanakan selama mengikuti program spesialis keperawatan medikal bedah dengan menerapkan asuhan keperawatan pada pasien dengan gangguan sistem perkemihan. Teori keperawatan yang digunakan adalah teori self care Orem yang merupakan suatu pendekatan dinamis dimana perawat bertugas mengembangkan kemampuan pasien dan keluarga untuk memenuhi kebutuhan self care pasien.

Masalah keperawatan utama pada pasien dengan gangguan sistem perkemihan adalah kelebihan volume cairan, ketidakseimbangan nutrisi: kurang dari kebutuhan tubuh, ketidakpatuhan, kelemahan dan cemas. Perencanaan diberikan berdasarkan tingkat ketergantungan pasien meliputi: bantuan seluruhnya, bantuan sebagian dan support edukasi.

Evaluasi keperawatan berfokus pada kemampuan pasien untuk mempertahankan kebutuhan self care, kemampuan untuk mengatasi deficit self care dan sampai sejauhmana perkembangan kemandirian pasien, serta kemampuan keluarga dalam memberikan bantuan self care jika pasien tidak mampu. Pelaksanaan evidence based nursing practice berupa penerapan intervensi edukasi dalam merencanakan inisiasi dialisis pada pasien penyakit ginjal kronik.

Dari 11 pasien yang diberikan edukasi terdapat 7 pasien (63,6%) menerima yang terdiri dari 5 pasien menjalankan inisiasi dialisis karena sudah ada indikasi untuk inisiasi dialisis, dan 2 pasien akan mengikuti pengobatan secara teratur dan menjalankan perilaku hidup sehat. Sedangkan 4 pasien (36,4%) menolak walaupun sudah ada indikasi untuk inisiasi dialisis. Kegiatan inovasi adalah mengembangkan media edukasi berupa leaflet, booklet dan video untuk merencanakan inisiasi dialisis pada pasien penyakit ginjal kronik.

.....Medical surgical nursing residency program implemented during specialist medical surgical nursing care focuses on patient with urinary system disorders. Nursing theory using self care Orem theory which is a dynamic approach in which the nurse on duty to develop the ability of the patient and the family to meet the needs of the patient's self care.

Major nursing problems in patients with the urinary system disorders are excess fluid volume, imbalance nutrition: less than body requirements, non compliance, weakness and anxiety. Planning is given based on the patient is level of dependence include the wholly compensatory nursing system, partially compensatory nursing system and support educative compensatory.

Evaluation of nursing focuses on the patient's ability to over come self care deficit and the extent to which development of patient autonomy and the ability to overcome self care deficit and the ability of families to provide assistance in self care if the patient is incapacitated. Implementation of evidence based nursing practice is the application of education on chronic kidney disease patient's plans to initiate dialysis.

The results obtained from 11 patients who were given education, there were 7 patients (63,6%) received consisting of 5 patient's plans to initiate dialysis because already an indication for initiate dialysis and 2 patients will follow the treatment regularly and implement healthy behavior. Whereas 4 patients (36,4%) refused although there has been an indication for initiate dialysis. Innovation activities was to develop educational media such as leaflets, booklets and videos on chronic kidney disease patient's plans to initiate dialysis.