

Pengaruh Back-Rub terhadap tingkat kecemasan dan kenyamanan pasien Angina Pektoris stabil sebelum tindakan coronary angiography di R.S. Jantung dan Pembuluh Darah Harapan Kita Jakarta = The effects of Back-Rub on anxiety and comfort level of patients of Stable Angina Pectoris before coronary angiography procedure at R.S. Jantung dan Pembuluh Darah Harapan Kita Jakarta

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Abstrak

Dealing with coronary angiography diagnostic procedures and the possibility of being intervene with PCI, SAP patients are often anxious, feel uncomfortable due to stress. Anxiety and discomfort are physiological and psychological response, which can be noticed on the change in blood pressure status, pulse, respiration and body temperature. This research was conducted with the main objective to identify the effect of back-rub on the level of patient?s anxiety and comfort before coronary angiography procedure.

Design used in this research was an equivalent pretest-posttest with control group quasi experiment.

Research was conducted using a probability simple random sampling; with 30 respondents participated. A questionnaire was used for data collecting of anxiety level with 0-10 scale, digital sphygmomanometer was used for measuring blood pressure and number of pulse, and digital battery powered thermometer was used for measuring body temperature.

Research finding showed that before back-rub a difference is found in anxiety level (p value 0.048). After back-rub differences are found in anxiety level (p value 0.002, comfort level (p value 0.0001), diastole BP (0.016), pulse (p value 0.0001), respiration (p value 0.005) and temperature (p value 0.052). Before back-rub, no differences are found in comfort level, systole BP, pulse, respiration and temperature and after back-rub no differences in systole BP between intervened and controlled group.

Based on the findings, it can be concluded that back-rub can be applied to reduce patient?s psychological stress (anxiety) and increase comfort before coronary angiography procedure. A recommendation is directed to the management of the ward to apply back-rub as a part of SOP of Angio Procedure.

.....Menghadapi tindakan diagnostik coronary angiography dan kemungkinan di intervensi lanjut dengan PCI, pasien APS sering cemas, merasa tidak nyaman karena stress. Cemas dan tidak nyaman sebagai respon fisiologis dan psikologis tubuh, terlihat juga pada perubahan tekanan darah, nadi, respirasi dan suhu. Penelitian ini untuk mengetahui pengaruh back-rub terhadap tingkat kecemasan dan kenyamanan serta dampaknya pada TD, nadi, respirasi dan suhu sebelum tindakan coronary angiography.

Desain penelitian ini adalah equivalent pretestposttest with control group quasi experiment. Pemilihan sampel dengan probability simple random sampling, didapat 30 responden. Data kecemasan dan kenyamanan dikumpulkan menggunakan kuesioner berskala 0-10, pengukuran tekanan darah dan jumlah denyut nadi menggunakan tensimeter digital dan suhu menggunakan termometer digital dengan batere.

Hasil penelitian menunjukkan perbedaan tingkat kecemasan (p value 0.048) sebelum back-rub. Sesudah backrub perbedaan pada tingkat kecemasan (p value 0.002), tingkat kenyamanan (p value 0,0001), tekanan darah diastole(p value 0,016), nadi (p value 0.0001), respirasi (p value 0,005) dan suhu (p value 0,052). Tidak ada perbedaan sebelum back-rub pada tingkat kenyamanan, tekanan darah systole, nadi, respirasi, suhu dan sesudah back-rub pada tekanan darah systole antara kelompok intervensi dan kontrol.

Berdasarkan hasil penelitian ini maka back-rub dapat digunakan untuk mengurangi stress psikologis (kecemasan) dan meningkatkan kenyamanan pasien sebelum tindakan coronary angiography. Rekomendasi ditujukan kepada manajemen ruangan untuk mengaplikasikan back-rub sebagai bagian dari SPO Angiography.