

Analisis praktik residensi keperawatan medikal bedah pada pasien gangguan sistem persarafan di RSPUN dr Cipto Mangunkusumo Jakarta = Analysis of medical surgical nursing clinical practice of residency on patient with neurological system disorder in RSUPN dr Cipto Mangunkusumo Jakarta

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Abstrak

Praktik spesialis Keperawatan Medikal Bedah peminatan sistem persyarafan ini bertujuan untuk melakukan praktik dengan mengaplikasikan peran perawat melalui pendekatan Model Adaptasi Roy. Masalah keperawatan terbanyak akibat respon perilaku inefektif pada mode adaptasi fisiologis yaitu ketidakefektifan perfusi jaringan otak, mode adaptasi psikologis yaitu ansietas, sedangkan mode fungsi peran yaitu manajemen kesehatan diri tidak efektif. Intervensi keperawatan berdasarkan pembuktian yang telah diterapkan yaitu Progressive Muscle Relaxation (PMR) dalam menurunkan tekanan darah, nadi dan kecemasan pada pasien stroke. Kegiatan inovasi keperawatan berupa penggunaan Bladder Training sebagai salah satu upaya untuk melatih kandung kemih dan mengembalikan pola normal perkemihan dengan menghambat atau menstimulasi pengeluaran air kemih melalui kegiatan seperti conditioning, pemberian cairan, stimulasi dan latihan kegel. Perawat dapat menerapkan Model Adaptasi Roy, menerapkan PMR untuk meningkatkan relaksasi serta melakukan kegiatan inovatif dalam memberikan asuhan keperawatan pada gangguan neurologi.

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Medical Surgical Nursing Practice Specialist in neurology system aims in practice by applying the role of nurses through the Roy Adaptation Model Approach. The most frequent nursing problems occurred was ineffective cerebral tissue perfusion caused by ineffective behavior response on physical adaptation mode, and anxiety from psychological adaptation mode. Ineffective self-care management was the nursing problem from role function mode. Nursing intervention based on evidence based practice on Progressive Muscle Relaxation in reducing blood pressure, heart beat and anxiety. Nursing innovation in this clinical practice was the use of bladder training program to regulate sensation urgency and void according to a timetable by using many activities include conditioning, increasing fluid intake, stimulation and kegel exercise. Nurse can implement Roy's Adaptation Theory with Progressive Muscle Relaxation (PMR) application to improve relaxation, and at the same time can execute innovation activities in delivering nursing care on neurological disorder.