

# Analisis praktik residensi keperawatan medikal bedah: penerapan teori adaptasi Roy pada pasien dengan gangguan sistem endokrin di Rumah Sakit Umum Pusat Fatmawati Jakarta = Analysis of Roy adaptation model (RAM) application in client with endocrine system disorder in residency practice of medical surgical nursing specialist program

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## Abstrak

Praktek residensi spesialis keperawatan medikal bedah merupakan bagian dari proses pendidikan yang berfokus pada pengembangan ketrampilan klinik, khususnya pada area endokrin dilaksanakan di RSUP Fatmawati Jakarta dengan menerapkan teori Adaptasi Roy. Peran yang diterapkan sebagai care provider, educator, researcher dan innovator dalam pelaksanaan asuhan keperawatan. Peran care provider dilakukan pada 33 kasus pada area rumah sakit dan perawatan di rumah. Peran educator ditunjukkan melalui supervisi mahasiswa, edukasi DM secara individu dan kelompok dan konsultasi manajemen luka. Peran researcher ditunjukkan oleh praktikan dalam penerapan metode irigasi 13 psi dengan spuit 12 cc dan needle 22G, cairan NaCl 0.9% dan betaine-polihexanide 0.1%. Peran innovator dilakukan melalui sosialisasi metode irigasi 13 psi dalam bentuk pelatihan dengan metode MCP. Selama praktek dari bulan September 2011- Mei 2012 ditemukan masalah keperawatan utama pada masing-masing mode teori adaptasi pada 33 kasus yang muncul pada DM adalah ketidakseimbangan nutrisi, cemas, koping tidak efektif dan perubahan penampilan peran. Hubungan antara tingkat kompleksitas masalah medis dengan masalah keperawatan menunjukkan hubungan sedang ( $r=0.393$ ) dan berpola positif.

Hasil penerapan EBN pada 18 kasus ulkus kaki diabetik menunjukkan irigasi 13 psi mampu menurunkan infeksi dan inflamasi, metode irigasi dengan kombinasi NaCl 0.9% dan betaine-polihexanide 0.1% lebih efektif dan efisien dalam manajemen luka dan tersusunnya algoritme pencucian luka infeksi. Hasil pelatihan dengan metode MCP menunjukkan peningkatan pengetahuan dan psikomotor peserta, sebagian besar peserta puas dengan kegiatan pelatihan dan akan ditindak lanjuti oleh Komite Keperawatan dalam perbaikan SOP pencucian luka. Rekomendasi selanjutnya adalah perlu dilakukannya analisis terhadap 4 mode adaptasi dalam area kasus DM sehingga dapat teruji secara klinik.

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Residency practice is a part of clinical education in medical surgical nursing specialist program, especially for endocrine nursing. It was conducted at Fatmawati General Hospital Jakarta. Residents based their practice on Roy Adaptation Model (RAM) with role modes as care provider, educator, researcher and innovator in nursing practice. Role as care provider was held on 33 cases in hospital and home care. Role as diabetes educator included clinical supervision, diabetes education for individual and group, and consultation of wound management. Role as researcher was conducted through clinical research which investigates the effectiveness of 13 psi of irrigation pressure to control wound infection, using a 12 cc spuit, 22G needles, NaCl 0.9%, betaine 0.1% and polihexanide 0.1%. Role as innovator were fulfilled through a workshop of irrigating pressures of 13 psi with mentorship, clinical supervision and preceptorship program (MCP). The main nursing problems had identified, which were imbalanced nutrition: less than body

requirement, anxiety, ineffective coping and ineffective role performance.

Results found upon residency program completion were as follows: (1) there was a positive association between complexity of medical problem and nursing problem ( $r=0.393$ ), (2) by applying 13 psi of irrigation, 18 diabetic foot ulcer cases showed decreased infection and inflammation, (3) irrigating with NaCl 0.9%, betaine 0.1% and polihexanide 0.1% were found to be more effective and efficient in wound management based on wound irrigation algorithm. Result of workshop showed the increase of cognitive and psychomotor ability of nurses in Fatmawati General Hospital. Participants were satisfied with the training. As a follow up, hospital's Nursing Committee committed to refine the wound irrigation procedure. For future research, it is important to analysis the correlation of four Roy's adaptative modes in achieving patient outcome.