

Efek posisi istirahat lateral kanan terhadap hemodinamik dan kenyamanan pasien gagal jantung di RS Jantung Harapan Kita a randomized controlled trial = Effect of right lateral position on hemodynamics and comfort of patients with heart failure at Harapan Kita Cardiac Hospital a randomized controlled trial

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Abstrak

Manfaat pengaturan posisi lateral kanan pada pasien gagal jantung sudah banyak diteliti, tetapi masih belum jelas efek posisi lateral kanan pada hemodinamik pasien gagal jantung. Penelitian ini bertujuan mengidentifikasi efek posisi istirahat lateral kanan terhadap hemodinamik dan tingkat kenyamanan pasien gagal jantung. Metode yang digunakan yaitu randomized controlled trial (RCT) dengan disain cross - over. Dua puluh orang subjek gagal jantung derajat II dan III (15 laki - laki dan 5 perempuan) di Rumah Sakit Jantung dan Pembuluh Darah Harapan Kita (RSJPDHK) telah berpartisipasi. Tekanan darah, Mean Arterial Pressure (MAP), denyut jantung, frekuensi pernafasan dan saturasi oksigen diukur sebelum dan setelah pengaturan posisi menggunakan bedside monitor sedangkan tingkat kenyamanan menggunakan Verbal Rating Scale Questionnaire. Pengukuran dilakukan pada pagi hari (09.00 - 11.00 WIB) dan sore hari (16.00 - 18.00 WIB).

Hasil penelitian ini menunjukkan terdapat efek yang signifikan pada TDS (Pagi: p value 0.000; Sore: p value 0.017), TDD (Pagi: p value 0.004), MAP (Pagi: p value 0.001), denyut jantung (Sore: p value 0.008) sebelum dan setelah dilakukan pengaturan posisi lateral kanan. Terdapat perbedaan yang signifikan tingkat kenyamanan antara kelompok (Sore: p value 0.041). Pengaturan posisi lateral kanan dapat dijadikan sebagai salah satu intervensi keperawatan yang digunakan untuk mempertahankan hemodinamik dan kenyamanan pasien gagal jantung.

.....Benefits of right lateral position on patients with heart failure has been widely studied, but it is still unclear the effects of right lateral position on hemodynamics of patients with heart failure. This study aimed to identify the effect of right lateral resting position on hemodynamic and level of comfort heart failure patients. The method of this research was a randomized controlled trial (RCT) with a cross - over design. Twenty subject patients with heart failure stage II and III (15 men and 5 women) at Harapan Kita Cardiac Hospital were participated. Blood pressure, Mean Arterial Pressure (MAP), heart rate, respiratory rate and oxygen saturation (SaO₂) were measured pre and post setting the position used bedside monitor where as the level of comfort used the Verbal Rating Scale Questionnaire. Measurements were taken in the morning (09:00 to 11:00 AM) and evening (04:00 to 06:00 PM).

The results of this study showed there are significant effects on the SBP (Morning: p value 0.000; Evening: p value: 0.017), DBP (Morning: p value 0.004), MAP (Morning: p value 0.001), heart rate (Evening: p value 0.008) pre and post setting the right lateral position. There is a significant difference between group on level of comfort (Evening: p value 0.041). Recommendation is directed to include right lateral position as in the nursing intervention in order to maintain hemodynamic and level of comfort on patients with heart failure.