

# Laporan akhir residensi ners spesialis keperawatan maternitas dengan fokus penerapan model keperawatan need for help Wiedenbach dan self care orem pada asuhan keperawatan ibu hamil dengan kontraksi dini = The application of Wiedenbach need for help and orem self care nursing models in nursing care of pregnant women with early contractions

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## Abstrak

Salah satu tujuan dari MDGs adalah menurunkan angka kematian ibu dan bayi. Upaya penurunan angka kematian ibu dan bayi di Indonesia belum memuaskan, target Indonesia menurunkan angka kematian ibu 102 per 100.000 kelahiran hidup pada tahun 2015. Peran ners spesialis keperawatan maternitas sebagai praktisi keperawatan, pendidik, konselor, advokat, pengelola, koordinator, kolaborator, peneliti dan agen pembaharu sangat diperlukan untuk menurunkan angka kematian ibu dan bayi.

Tujuan umum pembuatan laporan akhir praktik residensi adalah untuk memberikan gambaran pelaksanaan kegiatan praktik residensi dengan fokus penerapan model keperawatan Need for Help Wiedenbach dan Self Care Orem pada asuhan keperawatan ibu hamil dengan kontraksi dini.

Aplikasi teori keperawatan Need for Help Wiedenbach dan Self Care Orem efektif dilakukan pada lima ibu hamil dengan kontraksi dini. Integrasi model keperawatan Need for Help Wiedenbach diterapkan pada fase akut. Sedangkan pada fase pemeliharaan dilakukan asuhan keperawatan dengan Self Care Orem. Aplikasi teori tersebut berhasil membantu menyelesaikan masalah keperawatan dan menghentikan kontraksi uterus sampai usia kehamilan aterm. Setelah melaksanakan praktik residensi spesialis keperawatan maternitas, penulis mampu mencapai target kompetensi dengan baik.

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One of the MDGs goals is to lower maternal and infant mortality rate. Efforts to lessen maternal and infant mortality rate in Indonesia are unsatisfactory. Indonesia's target is to reduce maternal mortality to 102 per 100,000 live births in 2015. Roles of maternity nursing specialist nurses as care givers, educators, counselors, advocates, coordinators, managers, collaborators, researchers and change agents are needed to lower maternal and infant mortality rate.

The goal of the residency practice final report is to provide an overview of the implementation of residency practice focused on Wiedenbach Need for Help and Orem Self Care Nursing Model on nursing care of pregnant women with early contractions.

The application of Wiedenbach Need for Help and Orem Self Care nursing theory was effectively done to five pregnant women with early contractions. The integration of Wiedenbach Need for Help nursing model was applied in the acute phase. While in the maintenance phase, Orem Self Care nursing care was performed. The application of the theory was successfully help to solve nursing problems and to stop the uterine contractions until term gestation. After performing the maternity nursing specialist residency practice, the author was able to achieve the competency targets well.