

Analisis praktik klinik keperawatan kesehatan masyarakat perkotaan pada nenek A (71 tahun) dengan masalah insomnia di Wisma Melati Sasana Tresna Werdha Budi Mulia 1 DKI Jakarta = Analysis of clinical nursing practice of urban public health in older nenek A (71 years) with insomnia problems in Sasana Tresna Werdha Budi Mulia 1 DKI Jakarta

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Abstrak

[ABSTRAK

Peningkatan jumlah lansia di perkotaan setiap tahunnya menimbulkan masalah kesehatan pada lansia, sehingga diperlukannya pelayanan keperawatan masyarakat akan kebutuhan lansia. Masalah yang ditemukan pada lansia yang tinggal di Sasana salah satunya adalah insomnia. Karya ilmiah ini akan membahas terkait Nenek A dengan insomnia. Praktik klinik selama 7 minggu dimana peneliti melakukan terapi non farmakologis dalam mengatasi insomnia di Sasana Tresna Werdha Budi Mulia 1 DKI Jakarta yang bertujuan menganalisis insomnia dengan intervensi back massage dan terapi musik. Pittsburgh Sleep Quality Index bernilai 11 interpretasi kualitas tidur buruk. Intervensi yang diberikan dalam waktu 4 minggu dengan back massage dan musik terapi selama \pm 45 menit seminggu 2 kali pertemuan saat memberikan massage dan musik terapi didukung menciptakan suasana yang kondusif dan menjaga privasi, penggunaan baby oil untuk massage, dan tehnik massage yang tidak terlalu kuat serta memperhatikan kondisi kulit lansia, serta handscoons sebagai pelindung diri merupakan hal yang mendukung dalam pelaksanaan. Hasil dari intervensi back massage dan musik terapi yang mampu menginisiasi tidur pada klien dan PSQI menurun bernilai 7. Perawat STW diharapkan kedepannya dapat memberikan intervensi pada lansia yang insomnia sehingga dapat meningkatkan kemampuan perawat dalam memberikan terapi secara non farmakologi.

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ABSTRACT

An increase of geriatric in urban areas will be cause health problems in the geriatric, so the urband areas need public health nursing. Problems were founded in the geriatric who live in Sasana one of which is insomnia . Related scientific papers will discuss about Nenek A with insomnia. Clinical practice for 7 weeks in which researchers performed non pharmacological therapies in treating insomnia in Sasana Tresna Werdha 1 Budi Mulia Jakarta that aims to analyze the intervention of insomnia with a back massage and music therapy. Pittsburgh Sleep Quality Index (PSQI) score 11 interpretation poor sleep quality. Intervention is given within 4 weeks with a back massage and music therapy for \pm 45 minutes a week 2 meetings while giving massage and music therapy supported creating a conducive atmosphere and maintain privacy, the use of baby oil to massage, and massage techniques that are not too strong and attention elderly skin conditions, as well as personal protective handscoons is supporting the implementation. Results of the intervention back massage and music therapy capable can initiating sleep to client and PSQI after intervention score 7. Nurses STW decline is expected in the future be able to provide intervention in elderly insomnia that can improve the ability of nurses in providing non-pharmacological therapy.;An increase of geriatric in urban areas will be cause health problems in the geriatric so the urband areas need public health

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