

Pengembangan model pengelolaan nyeri berbasis kenyamanan dengan strategi coaching dan pengaruhnya terhadap derajat nyeri, kenyamanan, dan kualitas hidup pasien kanker payudara = The Development of a pain management model based on comfort with coaching strategy and its effects on pain severity comfort and quality of life of breast cancer patients

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Abstrak

ABSTRAK

Angka kejadian kanker payudara di Indonesia tertinggi diantara jenis kanker pada wanita dengan prevalensi nyeri diperkirakan 40-89%. Tujuan penelitian ini adalah mengembangkan model pengelolaan nyeri berbasis kenyamanan dengan strategi coaching dan mengidentifikasi pengaruhnya terhadap derajat nyeri, kenyamanan, dan kualitas hidup pasien kanker payudara. Penelitian ini dilakukan melalui dua tahap, yaitu tahap 1 berupa penelitian deskriptif kualitatif dan pengembangan model, serta tahap 2 berupa penelitian kuasi eksperimen pre-post test control group design. Metode sampling tahap 1 digunakan purposive sampling dengan 11 partisipan. Tahap 2 sampel dipilih secara consecutive sampling dengan jumlah 64 responden (32 pasien kelompok intervensi dan 32 pasien kelompok kontrol). Hasil penelitian tahap satu teridentifikasi 12 tema dan dihasilkan model pengelolaan nyeri berbasis kenyamanan beserta perangkatnya. Hasil penelitian tahap dua membuktikan bahwa ada pengaruh yang signifikan dari model pengelolaan nyeri berbasis kenyamanan dengan strategi coaching terhadap penurunan derajat nyeri, peningkatan kenyamanan, peningkatan status fungsional dan perbaikan status gejala pasien kanker payudara. Namun, tidak ada pengaruh pada status kesehatan/kualitas hidup global. Rekomendasi penelitian hendaknya perawat menerapkan model pengelolaan nyeri berbasis kenyamanan sebagai bentuk nyata pengelolaan nyeri kanker secara holistik dalam pelayanan keperawatan.

ABSTRACT

Incidence of breast cancer in Indonesia is still the highest among the other type of cancer diseases on women with the prevalence of pain estimated from 40 ? 89 per cent. The purpose of this research was to develop model of pain management based on comfort with coaching strategy and identify its effect on pain severity, comfort, and quality of life patient breast cancer. This study was conducted in two stages. The first stage was descriptive qualitative research and the development of model. The second stage was quasi-experimental research with pre - post test control group design. The sampling method that used to stage 1 was purposive sampling with 11 partisipants. Sampling method on stage 2 this study was consecutive

sampling with 64 breast cancer patients (32 respondents as intervention group and 32 respondents as control group). The first stage of the study resulted 12 themes and has resulted the model of pain management based on comfort and its devices. The second stage of research proved that there were significance effects from the model of pain management based on comfort with coaching strategy toward decreasing pain severity, increasing comfort and functional status, and repairing symptom status for breast cancer patients. However, there was no effect on global health status/quality of life. This study recommends that nurse should apply the model of pain management based on comfort as a concrete holistic cancer pain management in setting practice of nursing care.