

## Kenyamanan anak di akhir kehidupan: makna bagi perawat = comfort of children at the end of life its meaning for nurses

Roro Lintang Suryani, author

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### Abstrak

#### <b>ABSTRAK</b><br>

Kebutuhan pasien di akhir kehidupan untuk mendapatkan kenyamanan seringkali tidak dapat terpenuhi. Kenyamanan anak di akhir kehidupan dipengaruhi oleh pemahaman perawat akan makna kenyamanan yang sebenarnya dimaksud oleh anak. Penelitian ini bertujuan untuk menggali pemahaman akan esensi dan makna kenyamanan anak di akhir kehidupan bagi perawat agar anak dapat meninggal dalam damai. Metode penelitian adalah kualitatif dengan pendekatan fenomenologi deskriptif melalui wawancara semi berstruktur pada enam partisipan yang memiliki pengalaman memberikan perawatan paliatif pada anak di akhir kehidupan. Penelitian ini mengidentifikasi enam tema, yaitu mengupayakan agar anak tidak menderita, mewujudkan apa yang diinginkan anak, melihat anak merasa nyaman jika keluarga ikhlas dengan kondisi anaknya, menghadapi konflik internal dan eksternal, mengalami perasaan berkecamuk mengetahui kondisi anak, dan membutuhkan dukungan dari berbagai sumber. Penelitian selanjutnya diharapkan dapat meneliti tentang model pengelolaan kondisi emosional perawat paliatif pediatrik yang seringkali terpapar dengan kondisi anak yang sekarat.

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#### <b>ABSTRACT</b><br>

The patients need at the end of their life to get comfort are rarely fulfilled. The comfort of children at the end of their life is affected by the understanding of nurses towards the meaning of comfort meant by the children. This research aims to investigate the understanding on the essence and meaning of children's comfort at the end of their life for nurses in order that they can get dignified death. The research methodology was qualitative with descriptive phenomenology approach using semi structured interview with six participants experiencing in giving palliative care on children at the end of life. This research identified six themes to prevent the children from suffering the disease, to realize what the children want, to observe whether the children feel comfortable if their family is sincerely with that condition, to face the internal and external conflict, to experience dilemmatic situation knowing the children's condition, and to require the support from all. The research was expected to study about the model of emotional management on pediatrics palliative nurses that were mostly exposed with the condition of dying children.