

Analisis penerapan teori virginia henderson pada sistem onkologi dan evidence based nursing serta proyek inovasi di Rumah Sakit Cipto Mangunkusumo Jakarta = Analysis of the application of Virginia Henderson's theory to oncology systems and evidence based nursing and innovation project at Cipto Mangunkusumo Hospital Jakarta

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Abstrak

Ruang lingkup pelaksanaan program residensi adalah pencapaian kompetensi klinis dan penerapan peran ners spesialis dalam praktik keperawatan lanjut. Proses ini dilaksanakan dengan penerapan pendekatan teori Keperawatan Virginia Henderson pada sistem onkologi, penerapan *Evidence Based Nursing* terapi musik mengurangi nyeri kanker, dan penerapan inovasi protokol ERAS pada pasien mastektomi dan tiroidektomi di RSUP Cipto Mangunkusumo Jakarta.

Pendekatan teori virginia Henderson sangat cocok diterapkan dalam memenuhi kebutuhan pasien dengan keganasan yang kompleks karena bersifat komprehensif dan holistik mencakup kebutuhan fisik, psikologis, sosial, dan spiritual. Penerapan *evidence based* nursing terapi musik menunjukkan bahwa terjadi penurunan nyeri setelah diberikan terapi musik. Inovasi ERAS protokol menunjukkan terjadi penurunan jumlah hari rawat dan berkurangnya komplikasi pasca bedah.

Disarankan kepada perawat agar lebih mengembangkan penggunaan pendekatan teori Virginia Henderson dalam memenuhi kebutuhan pasien yang holistik dan menjadikan terapi musik sebagai alternatif pilihan dalam mengurangi nyeri kanker serta mengembangkan ERAS protokol pada pembedahan mastektomi dan tiroidektomi.

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The scope of the implementation of the residency program is the achievement of clinical competencies and the application of the role of specialist nurses in advanced nursing practice. This process was carried out with the application of Virginia Henderson's Nursing theory approach to the oncology system, the application of Evidence Based Nursing music therapy to reduce cancer pain, and the application of innovation to the ERAS protocol in mastectomy and thyroidectomy patients at Cipto Mangunkusumo General Hospital, Jakarta.

The Henderson virginian theory approach is very suitable to be applied in meeting the needs of patients with complex malignancies because it is comprehensive and holistic including physical, psychological, social, and spiritual needs. The application of evidence based nursing music therapy shows that there is a decrease in pain after being given music therapy. The ERAS innovation protocol shows a decrease in the number of care days and a reduction in postoperative complications.

It is suggested to nurses to further develop the use of Virginia Henderson's theoretical approach in meeting patients' holistic needs and making music therapy an alternative choice in reducing cancer pain and developing ERAS protocols for mastectomy and thyroidectomy surgery.