

Analisis praktik residensi keperawatan medikal bedah pada pasien dengan gangguan sistem kardiovaskuler dengan pendekatan teori Virginia Henderson di Rumah Sakit Jantung dan Pembuluh Darah Harapan Kita Jakarta = Analysis of medical surgical nursing clinical practice of residency on patients with cardiovascular disorder using Virginia Henderson theory approach in Harapan Kita Heart and Vascular Hospital Jakarta

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Abstrak

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Praktik residensi keperawatan medikal bedah merupakan rangkaian pendidikan magister keperawatan yang dilaksanakan dalam tatanan pelayanan kesehatan. Keperawatan medikal bedah berfokus pada penerapan ilmu dan teknologi keperawatan untuk memenuhi kebutuhan pasien dewasa yang mengalami perubahan fisik dengan atau tanpa gangguan struktural. Praktik residensi keperawatan dilaksanakan di RSPJN Harapan Kita, kegiatan residensi terdiri dari pemberian asuhan keperawatan pada pasien dengan gangguan kardiovaskuler menggunakan pendekatan teori Virginia Henderson. Penerapan evidence based nursing (EBN) menggunakan terapi Spiritual Emotional Freedom Technique (SEFT) untuk menurunkan kecemasan pasien pre operasi bedah jantung, dan proyek inovasi rehabilitasi jantung fase 1 pada pasien SKA. Hasil akhir dari proses residensi ini menunjukkan bahwa pendekatan teori Virginia Henderson relevan dan dapat diterapkan pada pasien dengan gangguan sistem kardiovaskuler. EBN terapi Spiritual Emotional Freedom Technique (SEFT) dapat diterapkan diruang pre operasi bedah jantung karena secara signifikan dapat menurunkan kecemasan. Hasil proyek inovasi rehabilitasi jantung fase 1 dapat diterapkan pada pasien SKA karena SPO mudah dipahami dan mudah untuk dilakukan. Rehabilitasi jantung fase 1 pada pasien SKA dapat mempertahankan fungsi jantung secara optimal.

ABSTRACT

The residency program in medical nursing is a series of nursing master education programs carried out in the order of nursing services. Medical surgical nursing focuses on concepts and basic medical and surgical principles in the application of nursing science and technology to meet the needs of adult patients who experience physical changes with or without structural disorders. The practice of nursing residence was carried out at Harapan kita Heart and Vascular Hospital Jakarta, residency activities consist of giving nursing care to patients with cardiovascular disorders using the theoretical approach of Virginia Henderson. An evidence based nursing (EBN) application uses the therapy of Spiritual Emotional Freedom Technique (SEFT) to reduce the anxiety of patients preoperative cardiac surgery, and an innovative phase 1 cardiac rehabilitation project in SKA patients. The final results of this residency process show that Virginia Henderson's theoretical approach is relevant and can be applied to patients with cardiovascular system disorders. EBN Spiritual Emotional Freedom Technique (SEFT) therapy can be applied in the preoperative room because it can significantly reduce anxiety. The results of phase 1 cardiac rehabilitation innovation projects can be applied to SKA patients because SPO is easy to understand and easy to do. Phase 1 cardiac

rehabilitation in SKA patients can maintain heart function optimally.