

Laporan praktik residensi spesialis keperawatan maternitas dengan fokus penerapan teori keperawatan self care orem pada ibu hamil multipara dengan anemia = A Practical resident report on maternity nursing program: application of orem's self care theory In multiparous pregnant women with anemia

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Abstrak

Anemia pada kehamilan masih menjadi perhatian selama periode reproduksi, karena berhubungan dengan peningkatan mortalitas dan morbiditas ibu dan bayi. Ibu hamil multipara memiliki resiko lebih besar mengalami anemia dalam kehamilannya. Peran perawat spesialis maternitas sangat penting untuk membantu ibu hamil multipara dengan anemia dalam memenuhi kebutuhan dasarnya karena berbagai masalah keperawatan yang muncul. Metodologi dalam penulisan menggunakan studi kasus pada lima orang ibu hamil multipara dengan anemia. Masalah keperawatan yang muncul diantaranya resiko cedera pada ibu, resiko cedera pada janin, gangguan rasa nyaman: pusing, keterbatasan aktivitas dan potensial peningkatan pengetahuan tentang anemia. Penerapan teori self care berfokus pada kemampuan individu untuk memenuhi kebutuhan dirinya secara mandiri dengan memperhatikan tingkat ketergantungan perawatan. Penerapan teori self care cocok digunakan pada ibu hamil multipara dengan anemia dalam membantu memandirikan pasien. Perawat dapat menggunakan kerangka kerja Orem sebagai panduan dalam melakukan proses keperawatan.Anemia in pregnancy is still being a major concern on health problem during reproductive period, as it is associated with increased maternal and infant morbidity and mortality. Multiparous pregnant women have a higher risk to be anemic during their pregnancies. Nurse specialist maternity play the crucial roles to help multiparous pregnant women with anemia in filling their basic needs due to various nursing problems. Methodology in writing uses case studies on five multiparous pregnant women with anemia. Several nursing issues commonly emerged are the risk of injury both to the mother and to the fetus, common sense problem: dizziness, limited activity and the knowledge of anemia that is potentially improved. The self-care theory focuses on an individual's ability to fill his or her self-needs by paying attention to the level of dependent care. The application of self-care theory is suitable for multiparous pregnant women with anemia as it helps them to be independent patients. Nurses may use the Orem framework as a guide in conducting the nursing process.