

# Kajian Literatur: Instrumen Skala Ukur Comfort Behaviour Scale pada Pasien Anak Kritis di Ruang Intensif Anak = Literature Review: Comfort Behaviour Scale Instrument for Critical Child Patients in Pediatric Intensive Care Unit

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## Abstrak

Pasien anak sakit kritis yang memakai ventilasi mekanik maupun tidak, membutuhkan obat penenang dan atau analgesik untuk mengurangi kecemasan atau rasa sakit. Perawat memiliki peranan penting dalam penilaian sedasi secara kontinu, perawat bertanggung jawab memantau tingkat sedasi pasien sehingga mampu melaporkan status sedasi pasien secara tepat. Studi literatur ini bertujuan untuk meninjau lebih lanjut validitas dan reliabilitas instrumen *Comfort Behaviour Scale*. Pencarian literatur dilakukan dengan memanfaatkan *platform publikasi internet* periode studi 2011-2020 melalui *Scopus*, *Proquest*, *Wiley Online library*, serta sumber tambahan dari *Researchgate* dengan kata kunci *pain assessment, COMFORT Behaviour Scale, sedation, children, PICU*. Hasil studi literatur ini menunjukkan berbagai penelitian di beberapa negara dan instrumen *Comfort Behaviour Scale* terbukti valid dan reliabel digunakan dalam mengukur tingkat sedasi anak sakit kritis. Perawat disarankan menggunakan instrumen ini dalam manajemen nyeri dan sedasi yang komprehensif.

Critically ill pediatric patients induced with or without mechanical ventilation need sedatives or analgesics to reduce their anxiety or pain. Nurses have an important role to asses sedation continuously and responsible to monitor patients sedation level, in order to record the patients sedation status appropriately. This literature study aims to profoundly review the validity and reliability of the *Comfort Behavior Scale* instrument. The literature research is carried out by utilizing the internet publication platform from 2011 to 2020 through *Scopus*, *Proquest*, *Wiley Online library*, as well as additional resources from *Researchgate* with the keywords *pain assessment, COMFORT Behavior Scale, sedation, children and PICU*. The results of this literature study show various studies in several countries have proven the validity and reliability of *Comfort Behavior Scale* instrument as the instrument to measure the sedation level of critically ill children. Nurses are considered to utilize this instrument in pain management and in conducting comprehensive sedation