

Kecemasan pada Lansia sebelum Tindakan Swab PCR SARS CoV-2 di RSUI = Anxiety among the Elderly before Swab PCR SARS CoV-2 Procedure at RSUI

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Abstrak

Coronavirus disease atau COVID-19 merupakan pandemi global yang mudah menular melalui droplet dan populasi yang paling berisiko adalah lansia dengan tingkat kematian akibat COVID-19 di Indonesia per 27 Juni 2020 adalah sebanyak 42,9%. Hal tersebut dapat menimbulkan kecemasan tersendiri bagi lansia, terlebih lagi secara psikologis lansia lebih mudah cemas daripada populasi lain. Kecemasan diketahui merupakan salah satu faktor penting penyebab kerentanan terinfeksi Coronavirus. Maka dari itu penulisan ini dibuat untuk menemukan gambaran ansietas pada 10 lansia sebelum tindakan swab PCR SARS CoV-2 di RSUI. Data yang dipakai adalah data umum, data skrining COVID-19, riwayat penyakit dalam, riwayat merokok, dan kuesioner kecemasan menggunakan Geriatric Anxiety Inventory Short Form (GAI-SF). Berdasarkan data yang didapatkan, terdapat banyak faktor yang mungkin mempengaruhi munculnya ansietas pada lansia seperti kecemasan terhadap hasil swab PCR. Hasil pengkajian GAI-SF juga menyatakan bahwa semua lansia mengalami ansietas dengan dua diantaranya memiliki gejala GAD. Antar pasien juga memiliki beberapa kesamaan terkait COVID-19 dan hubungannya dengan kecemasan. Sebagai kesimpulan, masalah ansietas pada lansia terkait COVID-19 sebelum tindakan swab PCR memiliki nilai yang tinggi disebabkan karena beberapa faktor sehingga perlu diberikan rekomendasi khusus. Penulis merekomendasikan penyediaan kursi prioritas untuk lansia, bilik swab khusus lansia dengan aromaterapi dan musik relaksasi jika memungkinkan, dan edukasi terkait COVID-19 oleh perawat melalui selebaran maupun follow up secara daring.

.....Coronavirus disease or called COVID-19 is a global pandemic that is easily transmitted through droplets and the population with higher risk of it are the elderly within death rate in Indonesia per June 27, 2020 is 42.9%. This problem can cause anxiety in the elderly even more as psychologically the elderly are more vulnerable to feel anxious than other populations. Whereas anxiety is one of the important factors causing decreased immunity which makes the elderly more susceptible to Coronavirus. Therefore, this paper was made to find an overview of anxiety in 10 elderly people before the swab polymerase chain reaction severe acute respiratory syndrome coronavirus-2 or swab PCR SARS CoV-2 procedure at RSUI. The data used are general data, COVID-19 screening data, history disease, smoking history, and anxiety questionnaires using Geriatric Anxiety Inventory Short Form (GAI-SF). Based on the data obtained, there are many factors that might influence the emergence of anxiety in the elderly such as anxiety about the swab PCR results. The results of the GAI-SF also stated that all respondents were experiencing anxiety with two of them were having general anxiety disorder symptoms. Furthermore, inter-patients also have some similarities related to COVID-19 and anxiety. In conclusion, the anxiety problem among elderly related to COVID-19 before the swab PCR procedure has a high value due to several factors so that special recommendations for the elderly should be given. The recommendation are using priority seats for the elderly, special swab PCR's room with aromatherapy and music of relaxation if possible, and nurses could give COVID-19 educations through flyer or follow up them within online educations