

Analisis praktik residensi keperawatan medikal bedah pada pasien gangguan sistem kardiovaskular dengan pendekatan model konservasi myra estrin levine di Rumah Sakit Jantung dan Pembuluh Darah Harapan Kita Jakarta = Analysis of surgical medical nursing residency practice with cardiovascular system disorder with myra estrin levine conservation model approach at the Cardiovascular Center Harapan Kita Hospital Jakarta

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Abstrak

Praktik residensi keperawatan medical bedah memberikan kesempatan kepada residen untuk mengimplementasikan fungsi implementator, educator, innovator dan peneliti asuhan keperawatan spesialistik pada gangguan kardiovaskular. Residen menerapkan proses keperawatan dengan pendekatan teori konservasi Levine pada 30 kasus kelolaan resume dan satu kasus kelolaan utama. Implementasi asuhan keperawatan berbasis bukti dengan intervensi akupresur pada acupoints Shenmen dan Yengchuan untuk meningkatkan kualitas tidur pada pasien acute coronanry syndrome. Sebagai inovator residen menginovasi awakening and spontaneous breathing trial protocol untuk memandu perawat dalam mengkaji kesiapan weaning ventilator pada pasien post operasi jantung yang tersedasi dan menggunakan ventilator. Akupresur pada acupoints Shenmen dan Yengchuan secara significant meningkatkan kualitas tidur pada kelompok intervensi ( $p = 0,009$ ). Awakening and spontaneous breathing trial protocol mudah diterapkan sebagai prosedur pengakajian kesiapan weaning ventilator, mudah dipahami dan memberikan manfaat bagi perawat dan pasien.

.....The practice of surgical and medical nursing residency provides an opportunity for resident to implement the functions of implementer, educator, innovator and researcher in specialistic nursing care in cardiovascular disorders. Resident applied the nursing process using Levine's conservation theory approach by managing 30 resume cases and one main case. Implementation of evidence-based nursing care by applying of acupressure intervention on Shenmen and Yengchuan acupoints to improve sleep quality in patients with acute coronary syndrome. As an innovator, resident innovated the awakening and spontaneous breathing trial protocol to guide nurses in assessing weaning ventilator readiness in sedated and ventilated postoperative cardiac patients. Applying acupressure on the Shenmen and Yengchuan acupoints significantly improved sleep quality in the intervention group ( $p = 0.009$ ). Awakening and spontaneous breathing trial protocols are easy to implement as a procedure to assess weaning ventilator readiness beside easy to understand and beneficial for nurses and patients.