

# Analisis praktik residensi keperawatan medikal bedah pada pasien gangguan sistem kardiovaskular dengan pendekatan teori konservasi levine di Rumah Sakit Pusat Jantung Dan Pembuluh Darah Harapan Kita Jakarta = Analysis of medical surgical nursing residency practices in patients cardiovascular system disorders with levine conservation theory approach at National Cardiovascular Center Harapan Kita, Jakarta

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## Abstrak

Praktik Spesialis Keperawatan Medikal Bedah Peminatan Kardiovaskular di RS Jantung dan Pembuluh Darah Harapan Kita bertujuan untuk menerapkan dan mempraktikkan peran dan fungsi sebagai calon ners spesialis dalam melakukan pengelolaan pasien gangguan sistem kardiovaskular menggunakan pendekatan model Konservasi Levine. Calon ners spesialis memberikan dan menganalisis komprehensif kasus utama berupa pasien post ASD closure, mitral valve replacement (MVR), tricuspid valve repair (TVR) dengan penyerta hipertensi pulmonal. Capaian lain pada praktik residensi adalah memberikan asuhan keperawatan pada 30 kasus kardiovaskular yang dianalisis sebagai resume.. Peran lain sebagai calon ners spesialis adalah menerapkan intervensi keperawatan berbasis bukti ilmiah (evidence based practice) berupa aplikasi cryoanalgesia berupa kompres es batu untuk mengurangi nyeri pasien yang menjalani punksi darah arteri untuk pemeriksaan analisa gas darah (AGD). Selain itu calon ners spesialis dituntut sebagai inovator yang memberikan ide dan gagasan untuk perubahan yang lebih baik yaitu dengan penerapan protokol GASAL Aweakening and Spontaneous Breathing Trial yang bertujuan untuk memberikan panduan perawat dalam menyapih pasien yang terpasang ventilator mekanik. Hasil praktik residensi menunjukkan model Konservasi Levine terbukti efektif diterapkan pada pasien dengan gangguan kardiovaskular. Penerapan EBN terbukti efektif menurunkan nyeri pasien yang menjalani punksi arteri untuk pemeriksaan AGD. Kegiatan inovasi mendapat respon positif dan terbukti memiliki kemanfaatan bagi perawat dalam proses weaning pasien terpasang ventilasi mekanik.

.....The Practice of Medical Nursing Specialist with Cardiovascular Specialization at National Cardiovascular Center Harapan Kita aims to implement and practice the role and function as a candidate for specialist nurses in managing patients with cardiovascular system disorders using the Levine Conservation model approach. The specialist nurse candidates provide and comprehensively analyze the main cases in the form of post ASD closure patients, mitral valve replacement (MVR), tricuspid valve repair (TVR) with pulmonary hypertension co-occurring. Another achievement in residency practice is providing nursing care for 30 cardiovascular cases which were analyzed as a resume. Another role as a candidate for specialist nurses is to apply evidence-based nursing interventions (evidence based practice) in the form of cryoanalgesia applications in the form of ice packs to reduce pain in patients undergoing arterial blood puncture for examination of blood gas analysis (AGD). In addition, prospective nurse specialists are required to be innovators who provide ideas and ideas for better changes, namely the application of the GASAL Aweakening and Spontaneous Breathing Trial protocol which aims to provide guidance for nurses in weaning patients who is attached to a mechanical ventilator. The results of the residency practice show

that the Levine Conservation model has proven to be effective in applying to patients with cardiovascular disorders. The application of EBN has proven to be effective in reducing pain in patients undergoing arterial puncture for AGD examination. The innovation activity received a positive response and was proven to have benefits for nurses in the weaning process of patients with mechanical ventilation.