

# Analisis Praktik Residensi Keperawatan Medikal Bedah Pada Pasien Dengan Penyakit Paru Obstruktif Klinis Grup D Menggunakan Pendekatan Teori Keperawatan Self Care Orem di RSUP Persahabatan Jakarta = Analysis of Medical Surgical Nursing Residency Practice in Patients with Clinical Obstructive Lung Disease Group D Using Orem's Self Care Nursing Theory Approach at RSUP Persahabatan, Jakarta

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## Abstrak

Praktik residensi keperawatan medikal bedah yang dilakukan selama dua semester telah memberikan asuhan keperawatan pada pasien dengan gangguan respirasi, melakukan implementasi evidence based nursing dan dan proyek inovasi serta pengabdian masyarakat yang dilakukan di RSUP Fatmawati dan RSUP

Persahabatan. Peran pemberian asuhan keperawatan pada kasus kelolaan utama yaitu PPOK eksaserbasi grup D dan 30 pasien resume menggunakan teori keperawatan self care Orem, teori ini digunakan karena masalah respirasi adalah masalah kronik, teori ini dapat diimplementasikan oleh perawat spesialis untuk meningkatkan perawatan diri pasien (self care) sesuai dengan kemampuannya untuk dapat meningkatkan kualitas hidup pasien. Implementasi EBN berupa balloon blowing exercise terbukti mampu mengurangi keluhan sesak napas pada pasien CLRD, mudah dilakukan, tidak memerlukan waktu lama, murah dan tidak menimbulkan efek samping. Penerapan proyek inovasi pengembangan self management: written action plan dengan media booklet terbukti dapat meningkatkan manajemen diri pasien PPOK. Booklet dapat membantu baik keluarga maupun pasien PPOK dalam mengetahui kondisi PPOK pasien serta melakukan manajemen yang tepat sesuai dengan kondisi pasien. Pengabdian masyarakat berupa edukasi kepada pasien TB Paru tentang TB Paru dan manajemen terapi pengobatannya terbukti dapat meningkatkan pengetahuan pasien, hal ini kemudian diharapkan dapat menurunkan angka putus obat pasien TB Paru.

.....The medical surgical nursing residency practice which was carried out for two semesters has provided nursing care to patients with respiratory disorders, implemented evidence based nursing and and innovation projects as well as community service carried out at Fatmawati Hospital and Friendship Hospital. The role of providing nursing care in the main managed cases, namely COPD exacerbation group D and 30 patients resumed using Orem's self care nursing theory, this theory is used because respiratory problems are chronic problems, this theory can be implemented by specialist nurses to improve patient self care according to its ability to improve the patient's quality of life. The implementation of EBN in the form of balloon blowing exercise is proven to be able to reduce complaints of shortness of breath in CLRD patients, is easy to do, does not take long, is inexpensive and does not cause side effects. The implementation of self-management development innovation projects: written action plans with booklet media has been proven to improve COPD patient self-management. Booklets can help both families and COPD patients in knowing the patient's COPD condition and carrying out appropriate management according to the patient's condition. Community service in the form of educating pulmonary TB patients about pulmonary TB and management of treatment therapy has been proven to increase patient knowledge, this is then expected to reduce the dropout rate of pulmonary TB patients.