

# Analisis Praktik Residensi Keperawatan Medikal Bedah Pada Pasien Gangguan Sistem Kardiovaskular dengan Pendekatan Teori Model Adaptasi Roy di Rumah Sakit Jantung dan Pembuluh Darah Harapan Kita Jakarta = Analysis of Medical-Surgical Nursing Resident Practice on Patients with Cardiovascular Disorder Using Roy's Adaptation Model Approach at The National Cardiovascular Center Harapan Kita Jakarta

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## Abstrak

Penyakit kardiovaskular menjadi salah satu penyebab kematian tertinggi di tingkat global. Upaya tindakan pencegahan dan tatalaksana terus dikembangkan untuk mengatasi permasalahan ini. Perawat spesialis memiliki peran sebagai pemberi asuhan keperawatan langsung, menerapkan evidence base nursing dan melakukan inovasi keperawatan. Praktik residensi spesialis keperawatan medikal bedah telah dilaksanakan untuk mengaplikasikan peran tersebut. Peran sebagai pemberi asuhan keperawatan langsung dilakukan dengan memberikan asuhan keperawatan pada 30 kasus kelolaan resume dan kasus kelolaan utama ADHF dengan teori Model Adaptasi Roy. Peran sebagai peneliti dijalankan dengan melakukan edukasi self-care pasien gagal jantung menggunakan metode teach-back. Peran perawat sebagai inovator dilakukan dengan menyusun proyek inovasi tentang penggunaan Munro Pressure injury Risk Assessment Scale untuk mencegah kejadian Perioperative related Pressure injury. Hasil analisis praktik menunjukkan bahwa Model Adaptasi Roy efektif digunakan untuk pasien dengan gangguan sistem kardiovaskular, edukasi self-care pada pasien gagal jantung dengan metode teach-back dapat meningkatkan pengetahuan, efikasi diri dan kemampuan self-care. Selain itu Munro Pressure injury Risk Assessment Scale dapat diterapkan untuk mencegah kejadian Perioperative related Pressure Injury.

.....Cardiovascular disease is one of the leading causes of death globally. Efforts to carry out management and prevention are always being developed to overcome this problem. Nurse specialists have a role as direct nursing care providers, applying evidence-based nursing and carrying out nursing innovations. The residency practice of medical-surgical nursing specialists has been implemented to apply for this role. The role of a direct nursing care provider is carried out by providing nursing care in 30 resume cases and ADHF main cases with Roy's Adaptation Model theory. The role of a researcher is carried out by conducting self-care education for heart failure patients with the teach-back method. The role of nurses as innovators is carried out by developing an innovative project, namely "Using the Munro Pressure Injury Risk Assessment Scale to Prevent Perioperative-Related Pressure Injury." The results of practice analysis show that the Roy Adaptation Model is effective for patients with cardiovascular system disorders, and self-care education in heart failure patients with the teach-back method can improve knowledge, self-efficacy, and self-care abilities. In addition, the Munro Pressure Injury Risk Assessment Scale can be applied to prevent perioperative-related Pressure injury events.