

Aplikasi teori Comfort Kolcaba dalam Asuhan Keperawatan pada Remaja Kanker dengan masalah Chemotherapy Induced Nausea Vomiting (CINV) = Application of Kolcaba's Comfort Theory in Nursing Care for Adolescents with Cancer who have Chemotherapy Induced Nausea Vomiting (CINV) Problems

Ami Novianti Subagya, author

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Abstrak

Salah satu efek samping kemoterapi yang dirasa paling memberatkan bagi remaja adalah mual muntah. Mual muntah akibat kemoterapi disebut dengan istilah Chemotherapy Induced Nausea Vomiting (CINV). Prevalensi CINV pada remaja kanker cukup tinggi dan berdampak terhadap kualitas hidupnya sehingga diperlukan asuhan keperawatan yang holistic dan komprehensif. Tujuan karya tulis ini untuk memberikan gambaran asuhan keperawatan menggunakan pendekatan teori comfort Kolcaba dan teknik relaksasi genggam jari sebagai salah satu pilihan intervensi mandiri keperawatan untuk mengurangi keluhan CINV. Aplikasi teori comfort Kolcaba digambarkan pada lima kasus anak dengan masalah CINV yang diberikan asuhan keperawatan mulai dari pengkajian (fisik, psikospiritual, sosiokultural, dan lingkungan), penegakan diagnosis keperawatan, implementasi keperawatan (standard comfort, coaching dan comfort for the soul) dan evaluasi dengan tiga tipe kenyamanan (relief, ease dan transcendence). Hasil evaluasi pada kelima kasus menunjukkan terjadinya peningkatan kenyamanan yaitu pada tipe ease dan transcendence sehingga Teori Comfort Kolcaba dapat direkomendasikan untuk mengatasi masalah CINV pada remaja.

..... One of the most burdensome side effects of chemotherapy for teenagers is nausea and vomiting. Nausea and vomiting due to chemotherapy is known as Chemotherapy Induced Nausea Vomiting (CINV). The prevalence of CINV in adolescents with cancer is quite high and has an impact on their quality of life so that holistic and comprehensive nursing care is needed. The purpose of this paper is to provide an overview of nursing care using the Kolcaba comfort theory approach and finger grip relaxation techniques as a choice of independent nursing interventions to reduce CINV complaints. The application of Kolcaba's comfort theory is described in five cases of children with CINV problems who were given nursing care starting from assessment (physical, psychospiritual, sociocultural, and environmental), enforcement of nursing diagnoses, implementation of nursing (standard comfort, coaching and comfort for the soul) and evaluation with three types of comfort (relief, ease and transcendence). The results of the evaluation in the five cases showed an increase in comfort, namely in the types of ease and transcendence so that Kolcaba's Comfort Theory can be recommended to overcome CINV problems in adolescents.