

# Aplikasi Teori Health as Expanding Consciousness Newman dan Caring Swanson pada Asuhan Keperawatan Ibu Hamil dengan Preeklampsia Berat (PEB) di Fase Pemeliharaan. = Application of Newman's Theory of "Health as Expanding Consciousness" and "Caring" Swanson in Nursing Care of Pregnant Women with Severe Preeclampsia (PEB) in the Maintenance Phase.

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## Abstrak

Ibu hamil dengan preeklampsia dengan gambaran yang parah dapat mengakibatkan komplikasi akut dan berisiko menetap dalam jangka panjang bagi wanita dan bayinya. Perjalanan klinis preeklampsia dengan gambaran berat ditandai dengan kemunduran progresif kondisi ibu dan janin. Pendekatan dengan teori Newman "health as expanding consciousness", disini perawat hadir untuk klien pada titik pilihan kritis dalam hidup mereka dan berpartisipasi dengan mereka dalam proses perluasan kesadaran melalui proses keperawatan. Perawat memfasilitasi wawasan klien melalui berbagi proses pengenalan pola dalam bentuk pemberian proses keperawatan. Selama proses keperawatan, perawat hadir dalam merawat kesejahteraan biologis, psikologis, sosial dan spiritual pasien, sehingga melalui fokus caring Swanson ini yang berfokus pada "maintaining belief", "being with", "doing for" dan "enabling". Uji coba evidence-based practice nursing (EBNP) dengan menggunakan teknik diaphragm breathing menjadi bagian dari proses keperawatan. Alat ukur atau tool yang digunakan untuk mengukur kecemasan ibu hamil adalah menggunakan PRAQ-R2. Hasil yang diterapkan oleh wanita hamil memiliki efek menguntungkan dalam menurunkan kecemasan ibu hamil dengan rata rata pre-test skor 38.6 menjadi 15.4 di post-test.

.....Pregnant women with preeclampsia with severe features can cause acute complications and risk long-term persistence for the woman and her baby. The clinical course of preeclampsia with severe features is characterized by progressive deterioration of maternal and foetal condition. Approach to Newman's theory of "health as expanding consciousness", here nurses are present for clients at critical choice points in their lives and participate with them in the process of expanding awareness through the nursing process. The nurse facilitates client insight through sharing the pattern recognition process in the form of providing the nursing process. During the nursing process, nurses are present in caring for the biological, psychological, social and spiritual well-being of patients, so that through Swanson's caring focus which focuses on "maintaining belief", "being with", "doing for" and "enabling". Evidence-based practice nursing (EBNP) trials using the diaphragm breathing technique are part of the nursing process. Measuring instrument or tool used to measure the anxiety of pregnant women is using PRAQ- R2. The results applied by pregnant women have a beneficial effect in reducing the anxiety of pregnant women with an average pre-test score of 38.6 to 15.4 in the post-test.