

# Laporan Praktik Residensi Keperawatan Medikal Bedah Pada Pasien Dengan Gangguan Sistem Kardiovaskular Menggunakan Pendekatan Comfort Theory Kolcaba Di RSJPD Harapan Kita Jakarta = Report of Medical Surgical Nursing Practice of Residency on Patient With Cardiovascular System Disorder Using Kolcaba's Comfort Theory Approach In National Cardiovascular Center Harapan Kita Jakarta

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## Abstrak

Karya Ilmiah Akhir ini merupakan laporan seluruh kegiatan praktik klinik residensi Ners Spesialis Keperawatan Medikal Bedah kekhususan kardiovaskular. Kegiatan praktik klinik meliputi pelaksanaan asuhan keperawatan pada pasien dengan masalah sistem kardiovaskular melalui pendekatan Comfort Theory Kolcaba, pelaksanaan praktik keperawatan berbasis bukti dan melakukan inovasi keperawatan. Asuhan keperawatan menggunakan Comfort Theory Kolcaba melihat pada status yang dialami oleh pasien terhadap comfort measures untuk memenuhi kebutuhan segera yang dikelompokkan dalam 3 jenis comfort, yaitu relief, ease, transcendence dan dalam 4 konteks pengalaman yaitu fisik, psikospiritual, sosial, dan lingkungan. Sehingga pemberian pelayanan keperawatan berdasarkan Comfort Theory Kolcaba lebih berfokus pada proses mengkaji kebutuhan kenyamanan klien, mengembangkan dan menerapkan intervensi keperawatan yang sesuai, dan mengevaluasi kenyamanan klien dan intervensi keperawatan yang telah diberikan. Praktik keperawatan berbasis bukti yang dilakukan adalah Spiritual Emotional Freedom Technique (SEFT) untuk menurunkan intensitas nyeri pasien pasca bedah jantung. Pelaksanaan inovasi keperawatan berupa penyusunan formulir pengkajian khusus mulut dan intervensi oral higiene pada pasien yang terpasang ETT dan ventilator di ICVCU Rumah Sakit Jantung dan Pembuluh Darah Harapan Kita Jakarta.

.....The final scientific paper is reporting of all activities of nurses specialist residency clinical practice Medical Surgical Nursing cardiovascular specificity. The Activities include implementation of clinical practice nursing care to patients with the cardiovascular system problems using Kolcaba's Comfort Theory approach, the implementation of evidence-based nursing practice and innovation on nursing. Kolcaba's Comfort Theory look at the status experienced by patients on comfort measures to meet the immediate needs are grouped the 3 types of comfort, which is a relief, ease, and transcendence in the context of the experience that is 4 physical, psikospiritual, social, and environmental. So the provision of nursing services by Comfort Theory Kolcaba more focused on the process of assessing the needs of the clients comfort, develop and implement appropriate nursing interventions, and evaluating the client's comfort and nursing interventions that have been given. Evidence-based nursing practice is carried Spiritual Emotional Freedom Technique (SEFT) to reduce post-cardiac surgery pain intensity. Implementation of nursing innovations in the form of the preparation of the mouth and form a special assessment of oral hygiene interventions in patients with ETT and ventilator installed in ICVCU of National Cardiovascular Center Harapan Kita Jakarta.