

# Analisis Praktik Residensi Keperawatan Medikal Bedah : Penerapan Model Adaptasi Roy Pada Pasien Gangguan Sistem Endokrin Di RSUP Fatmawati Jakarta = Practical Analysis on Residency of Medical Surgical Nursing Focusing on Patient with Endocrine System Disturbance using Roy Adaptation Theory in Fatmawati Hospital Jakarta

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## Abstrak

Program residensi keperawatan medikal bedah peminatan endokrin adalah program meningkatkan kemampuan perawat spesialis yang kompeten dalam memberikan asuhan keperawatan pada pasien dengan gangguan sistem endokrin. Gangguan sistem endokrin yang paling banyak di pelayanan kesehatan adalah Diabetes melitus (DM). Kadar glukosa darah yang tidak terkontrol akan menimbulkan berbagai komplikasi baik akut maupun kronis. Dibutuhkan pendekatan dari berbagai sistem ilmu untuk memberikan penanganan dan pencegahan komplikasi pada pasien DM. Perawat Spesialis mampu memberikan asuhan keperawatan yang holistik dengan tujuan pasien DM mampu mengontrol gula darah dan beradaptasi dengan penyakitnya. Model Adaptasi Roy dapat digunakan sebagai acuan dalam memberikan asuhan keperawatan yang holistik dan komprehensif dengan mengubah perilaku yang tidak efektif menjadi efektif. Penerapan praktek keperawatan berbasis pembuktian (evidence based practice) dilakukan tindakan electrical stimulation sebagai acuan intervensi keperawatan pada pasien DM tipe 2 untuk menurunkan kadar gula darah. Program inovasi dilakukan dalam bentuk penerapan edukasi menggunakan media booklet sebagai pedoman dalam manajemen diabetes mellitus.

.....ABSTRACT Name : Noor Diani Program : Medical Surgical Nursing Specialist Program Faculty of Nursing University of Indonesia Title : Practical Analysis on Residency of Medical Surgical Nursing Focusing on Patient with Endocrine System Disturbance using Roy Adaptation Theory in Fatmawati Hospital Jakarta The purpose of residency practice on medical surgical nursing focusing in patient with endocrine system disturbance is to enhance the competencies of specialist student in giving nursing care patient in advance level. Diabetes Mellitus (DM) is the most common case in patient with endocrine system disturbance. Uncontrolled blood sugar levels in DM patient create acute and/or chronic complications. It is needed multidiscipline approach to care and prevent DM complications. Medical surgical nursing specialist has to able to give nursing care to DM patient with the purpose of enable patient to control their blood sugar level and adjusting with their disease. Roy adaptation model can be used as guidance in giving holistic and comprehensive nursing care to DM patient by changing their behavior from unhealthy to healthy life style. The evidence based practice that had been applied was electrical stimulation in reducing blood sugar level in DM patient, and the innovation was applying booklet as education media for DM patient management. Keywords: nurse specialist, diabetes mellitus, Roy Adaptation Model, electrical stimulation, booklet as education media.