

Gambaran alarm fatigue pada perawat ruang intensif di RS X Jakarta = The overview of alarm fatigue in intensive care nurses at Hospital X Jakarta

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Abstrak

Ruangan perawatan intensif yang kompleks dan dilengkapi berbagai peralatan medis berbasis alarm berisiko menyebabkan perawat mengalami alarm fatigue akibat paparan alarm secara terus-menerus. Penelitian ini memberikan gambaran kejadian alarm fatigue berdasarkan karakteristik responden di ruang intensif RS X Jakarta. Penelitian ini merupakan penelitian kuantitatif dengan desain pendekatan cross-sectional. Sampel penelitian berjumlah 256 perawat dengan rentang usia 25 - 46 tahun di seluruh ruang perawatan intensif dewasa RSUPN Dr. Cipto Mangunkusumo. Sampel didapatkan dengan teknik total sampling jenis non random sampling. Penelitian ini menggunakan kuesioner yang telah diuji reliabilitas dengan nilai Cronbach Alpha 0,744. Hasil penelitian dianalisis menggunakan analisis statistik deskriptif dan dilakukan uji normalitas Kolmogorov-Smirnov dengan hasil p value 0,028 ($P < 0,05$). Pengkategorian dilakukan dengan cut-off poin, nilai median 44. Rekomendasi berkaitan dengan penelitian ini adalah dengan teridentifikasinya gambaran alarm fatigue berdasarkan karakteristik responden untuk selanjutnya dilakukan pelatihan manajemen alarm sebagai pembekalan kepada perawat.

.....An intensive care unit that is complex and equipped with various alarm-based medical equipment is at risk of causing nurses to experience alarm fatigue due to continuous exposure to alarms. This study provides an overview of the incidence of alarm fatigue based on the characteristics of respondents in the intensive care unit of Hospital X Jakarta. This study is a quantitative study with a cross-sectional approach design. The study sample amounted to 256 nurses with an age range of 25 - 46 years in all adult intensive care units of Dr. Cipto Mangunkusumo Hospital. The sample was obtained using a total sampling technique of non-random sampling type. This study used a questionnaire that had been tested for reliability with a Cronbach Alpha value of 0.744. The results were analyzed using descriptive statistical analysis and the Kolmogorov-Smirnov normality test with a p-value of 0.028 ($P < 0.05$). Categorization was done with cut-off points, a median value of 44. Recommendations related to this study are the identification of a picture of alarm fatigue based on the characteristics of respondents for further alarm management training as a provision to nurses.