

Hubungan Karakteristik Perawat dengan Perilaku Perawat dalam Pemenuhan Mobilisasi Dini di ICU Pada Pasien Pasca Operasi = Association between Nurses' Characteristics and Nurses' Behaviour in Fulfilling Early Mobilization in the Intensive Care Unit (ICU) in Postoperative Patients

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Abstrak

Pendekatan perawatan peri operatif Enhanced Recovery After Surgery (ERAS) bertujuan mempercepat stabilitas kondisi klinis pasien dan mempercepat pemulihan pasca operasi termasuk di ICU. Salah satu intervensi yang diterapkan adalah mobilisasi dini karena telah terbukti mempercepat proses pemulihan pasca operasi. Mobilisasi dini dimungkinkan dan harus dilaksanakan oleh perawat sebagai anggota tim yang pertama kali melakukan mobilisasi. Studi akan menganalisis hubungan karakteristik perawat dengan perilaku perawat dalam pemenuhan mobilisasi dini di ICU. Studi cross-sectional dilakukan terhadap 75 perawat dengan menggunakan kuesioner yang valid dan reliabel. Hasil uji chi-square bahwa tidak ada hubungan antara karakteristik perawat dengan perilaku perawat dalam pemenuhan mobilisasi dini, namun pada domain perilaku ditemukan bahwa usia dan jenis kelamin memiliki hubungan bermakna dengan pengetahuan dan praktik mobilisasi dini ($p < 0,005$). Keberhasilan pemenuhan mobilisasi dini di ICU terletak pada perawat yang memiliki pengetahuan yang baik, sikap dan perilaku positif dalam pemenuhan mobilisasi dini di ICU. Oleh karena itu, perawat harus memiliki keterampilan berpikir kritis dan kompetensi dalam hal clinical decision making. Keterampilan berpikir kritis perawat dapat ditingkatkan melalui kegiatan supervisi klinis, supervisi berjenjang, coaching, journal reading, ataupun clinical meeting terkait pemenuhan mobilisasi dini di ICU.

.....The perioperative Enhanced Recovery After Surgery (ERAS) approach aims to expedite the clinical stability of patients and accelerate postoperative recovery, including in the Intensive Care Unit (ICU). One implemented intervention is early mobilization, proven to hasten the postoperative recovery process. Early mobilization is feasible and should be executed by nurses as members of the team initiating mobilization. This study seeks to analyze the relationship between nurse characteristics and their behavior in facilitating early mobilization in the ICU. A cross-sectional study involving 75 nurses was conducted using a valid and reliable questionnaire. Chi-square test results indicated no association between nurse characteristics and their behavior in facilitating early mobilization. However, within the behavioral domain, it was found that age and gender significantly correlated with knowledge and practices of early mobilization ($p < 0.005$). The success of early mobilization in the ICU is contingent on nurses possessing good knowledge, positive attitudes, and behaviors in facilitating early mobilization. Therefore, nurses should possess critical thinking skills and competencies in clinical decision-making. Enhancement of nurses' critical thinking skills can be achieved through clinical supervision, tiered supervision, coaching, journal reading, or clinical meetings pertaining to the facilitation of early mobilization in the ICU.