

Asuhan Keperawatan pada Pasien Chronic Kidney Disease dengan Penerapan Ekstra Virgin Olive Oil (EVOO) untuk Pencegahan Perkembangan Pressure Ulcer di Intensive Care Unit (ICU) = Nursing Care for a Chronic Kidney Disease Patient with the Application of Extra Virgin Olive Oil to Prevent the Development of Pressure Ulcer in the Intensive Care Unit (ICU)

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Abstrak

Chronic kidney disease (CKD) yang prevalensinya meningkat dalam beberapa tahun terakhir, seringkali berdampak pada penurunan sensasi, edema, anemia, hingga penurunan kesadaran atau koma. Kondisi-kondisi tersebut meningkatkan risiko terjadinya pressure ulcer. Selain merugikan bagi health outcome pasien, kejadian pressure ulcer juga memberikan dampak negatif dari aspek costeffectiveness dan mutu pelayanan rumah sakit. Oleh karena itu, diperlukan upaya pencegahan terjadinya pressure ulcer, salah satunya dengan penerapan topikal ekstra virgin olive oil (EVOO) pada area-area yang berisiko tinggi pressure ulcer. Penulisan ini bertujuan untuk menggambarkan penerapan EVOO untuk mencegah pressure ulcer, khususnya pada area sakrum, regio trokanter, dan tumit. Pada karya ilmiah ini, pasien dirawat selama enam hari. Hasil pengkajian menunjukkan pasien berisiko tinggi mengalami risiko gangguan integritas kulit dengan faktor risiko adanya edema, anemia, ketidakseimbangan cairan dan elektrolit, penurunan sensasi, dan imobilitas. Intervensi keperawatan yang dilakukan antara lain, evaluasi berkala integritas kulit dan reposisi dua jam sekali. Selain itu, diaplikasikan juga EVOO sebanyak dua kali sehari selama lima hari dan dilakukan setiap kali pengaplikasian. Hasil evaluasi pressure ulcer mampu dicegah pada sebagian besar area yang diintervensi, sehingga penerapan EVOO secara topikal dapat menjadi salah satu pilihan bagi perawat sebagai intervensi keperawatan mandiri untuk mencegah terjadinya pressure ulcer.

..... Chronic kidney disease (CKD), whose prevalence has increased in recent years, often results in decreased sensation, edema, anemia, and loss of consciousness or coma. These conditions increase the risk of pressure ulcers. In addition to being detrimental to the health outcomes of patients, the incidence of pressure ulcers also has a negative impact from the aspects of cost-effectiveness and quality of hospital services. Therefore, efforts are needed to prevent the occurrence of pressure ulcers, one of which is by applying topical extra virgin olive oil (EVOO) to areas at high risk of pressure ulcers. This paper aims to describe the effectiveness of EVOO application to prevent pressure ulcers, especially in the sacrum area, trochanter region, and heel. In this scientific work, the patient was treated for six days. Assessment results showed that the patient was at high risk of skin integrity impairment with risk factors for edema, anemia, fluid and electrolyte imbalance, decreased sensation, and immobility, electrolytes, decreased sensation, and immobility. Nursing interventions that carried out include periodic evaluation of skin integrity and repositioning every two hours. In addition, EVOO was also applied twice a day for five days and done every time the five days and was done every time the application was done. The evaluation results showed that pressure ulcers prevented in most of the intervened areas, so topical application of EVOO can be an option for nurses as an independent nursing intervention to prevent pressure ulcers.