

Laporan Kasus Terapi Murottal untuk Mengatasi Gangguan Pola Tidur pada Pasien Covid-19 di Ruang High Care Unit = A Case Report: Murottal Therapy to Treat Disturbed Sleep Patterns in Patient with COVID-19 in High Care Unit

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Abstrak

Penyakit COVID-19 telah menyebar ke seluruh dunia termasuk Indonesia. Coronavirus Disease 19 disebabkan oleh severe acute respiratory syndrome coronavirus 2 (SARS-CoV-2) yang menyerang saluran pernapasan. Banyak pasien COVID-19 yang dirawat di rumah sakit mengalami gangguan tidur yang disebabkan oleh berbagai faktor. Pemberian terapi murottal Al Qur'an menjadi salah satu intervensi keperawatan yang dapat membantu mengatasi gangguan pola tidur. Laporan kasus ini mengamati seorang pasien COVID-19 yang dirawat di ruang high care unit karena mengalami desaturasi dan membutuhkan alat aliran oksigen yang lebih tinggi, mengeluh kesulitan tidur di malam hari selama di ruangan karena adanya kecemasan ingin segera pulang, rasa nyeri, kedinginan, dan terganggu dengan kebisingan. Intervensi selama 3 hari dengan mendengarkan murottal Al Qur'an pada malam hari dilakukan sebagai alternatif intervensi selain dari terapi farmakologis. Terapi murottal mampu mengatasi gangguan tidur yang dialami pasien dimana keluhan sulit tidur berkurang dan kualitas tidur meningkat. Terapi murottal perlu diterapkan di ruang rawat rumah sakit maupun fasilitas lainnya guna meningkatkan kualitas tidur pasien.

.....The COVID-19 disease has spread throughout the world, including Indonesia. Coronavirus Disease 19 is caused by severe acute respiratory syndrome coronavirus 2 (SARS-CoV-2), which attacks the respiratory tract. Many hospitalized COVID-19 patients experience sleep disturbances caused by various factors. The murottal Al-Qur'an therapy is one of the nursing interventions that can help overcome sleep pattern disorders. This case report observes a COVID-19 patient treated in a high care unit because she was desaturated and needed a higher oxygen flow device. She complained of difficulty sleeping at night while in the room due to anxiety about wanting to go home, pain, cold, and being disturbed by noise. Intervention for three days by listening to murottal Al Qur'an at night was carried out as an alternative intervention apart from pharmacological therapy. Murottal therapy is able to overcome sleep disorders experienced by patients where complaints of difficulty sleeping are reduced and sleep quality is increased. Murottal therapy needs to be applied in hospital wards and other facilities to improve patient sleep quality.