

PENERAPAN *EVIDENCE BASED NURSING* PENGARUH TERAPI *BACK MASSAGE* TERHADAP KUALITAS TIDUR PASIEN DI RUANG ICU RSUD TARAKAN

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Abstrak

Tidur merupakan peran penting dalam meningkatkan penyembuhan, pemulihan dan mengatasi penyakit pada pasien di ruang ICU, namun pasien kritis yang dirawat di ruang intensive care unit (ICU), tidur menjadi hal yang sulit karena adanya beberapa gangguan. Gangguan yang dapat terjadi di ICU seperti tingkat kebisingan (alarm monitor, percakapan antar perawat), tingkat pencahayaan, kegiatan perawatan (monitor tanda-tanda vital). Meningkatkan kualitas tidur pasien merupakan salah satu tugas perawat dalam asuhan keperawatan. Salah satu terapi non-farmakologi yang dapat diberikan yaitu terapi *back massage*. Penelitian ini bertujuan untuk mengetahui penerapan terapi *back massage* terhadap kualitas tidur pasien di ruang ICU. Kualitas tidur pasien diukur menggunakan kuesioner *Verran and Snyder Halpern Sleep Scale* (VSH). Hasil yang didapatkan setelah dilakukan terapi *back massage* selama 10 menit dalam 3 hari terjadi peningkatan kualitas tidur pada pasien. Diharapkan terapi *back massage* dapat diterapkan pada pasien ICU untuk meningkatkan kualitas tidur.

Kata Kunci: *Back Massage*, ICU, Kualitas Tidur

APPLICATION OF EVIDENCE BASED NURSING THE EFFECT OF *BACK MASSAGE* THERAPY ON SLEEP QUALITY AMONG PATIENTS AT INTENSIVE CARE UNIT RSUD TARAKAN

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Abstract

Sleep is an important role in improving health, recovery and overcoming illness among patients in the ICU, but critical patients who are treated in the intensive care unit (ICU), sleep becomes difficult because of several disturbance. Disturbances that can occur in the ICU such as noise levels (monitor alarms, conversations between nurses), lighting levels, nursing activities (monitor vital signs). Improving sleep quality of patient is one of the nurse's duties in nursing care. One of the non-pharmacological therapies that can be given is *back massage* therapy. This study aims to determine the application of *back massage* therapy to the sleep quality of patients in the ICU. Patient sleep quality was measured using the Verran and Snyder Halpern Sleep Scale (VSH) questionnaire. The results obtained after *back massage* therapy for 10 minutes in 3 days an increase in the sleep quality of patients. It is hoped that *back massage* therapy can be applied to ICU patients to improve sleep quality.

Keywords: *Back massage, ICU, Sleep Quality*