

ANALISIS ASUHAN KEPERAWATAN DENGAN AROMATERAPI LAVENDER UNTUK MENINGKATKAN KUALITAS TIDUR PADA PASIEN HEMODIALISA

Valery Oktavia

Abstrak

Hemodialisa merupakan salah satu terapi bagi penderita gagal ginjal kronik stadium akhir. Namun, terapi hemodialisa sendiri menimbulkan beberapa efek samping berupa gejala fisik dan mental. Salah satu efek samping yang sering dirasakan pasien hemodialisa yaitu kesulitan tidur dan hal itu mempengaruhi kualitas tidur mereka. Penelitian ini dilakukan dengan tujuan untuk membantu pasien hemodialisa memperbaiki kualitas tidur dengan intervensi aromaterapi lavender. Intervensi ini dilakukan pada dua pasien yang menjalani hemodialisa di RS Bhayangkara TK. I R. Said Sukanto. Aromaterapi lavender diberikan selama 1 minggu dan dievaluasi keefektifannya dengan Kuesioner *Pittsburgh Sleep Quality Index* (PSQI) dan *Visual Analog Scale* (VAS) *Daytime Sleepiness Level*. Hasil evaluasi menunjukkan bahwa aromaterapi lavender efektif untuk meningkatkan kualitas tidur pasien hemodialisa dibuktikan dengan skor PSQI dan skor VAS *Daytime Sleepiness Level* pada kedua pasien menurun setelah diberikan intervensi aromaterapi lavender selama seminggu.

Kata Kunci : hemodialisa, kualitas tidur, aromaterapi lavender

ANALYSIS OF NURSING CARE WITH LAVENDER AROMATHERAPY TO INCREASE SLEEP QUALITY IN PATIENTS WHO ARE UNDERGOING HEMODIALYSIS

Valery Oktavia

Abstract

Hemodialysis is one of the therapies for end-stage renal disease patients. However, hemodialysis therapy itself causes some side effects in the form of physical and mental symptoms. One of the side effects that hemodialysis patients often experience is difficulty sleeping and it affects their sleep quality. This study was conducted with the aim of helping hemodialysis patients improve sleep quality with lavender aromatherapy intervention. This intervention was carried out on two patients undergoing hemodialysis at Bhayangkara R. Said Sukanto Hospital. Lavender aromatherapy was given for 1 week and its effectiveness was evaluated using the Pittsburgh Sleep Quality Index (PSQI) and Visual Analog Scale (VAS) Daytime Sleepiness Level Questionnaire. The results of the evaluation showed that lavender aromatherapy was effective in improving the sleep quality of hemodialysis patients as evidenced by the PSQI Score and VAS Daytime Sleepiness Level scores in both patients decreased after being given lavender aromatherapy intervention for a week.

Keywords : hemodialysis, sleep quality, lavender aromatherapy