

EFEKTIVITAS SUPERVISI KEPALA RUANGAN MENGENAI KEPATUHAN PERAWAT DALAM MENERAPKAN FALL RISK ASSESSMENT PADA PASIEN RAWAT INAP DI RUANG CENDANA II RS BHAYANGKARA TK.I R. SAID SUKANTO

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Abstrak

Resiko jatuh merupakan keadaan dimana pasien beresiko cidera dan mengalami luka serius akibat jatuh pada saat dirawat di rumah sakit. Pengkajian resiko jatuh adalah suatu upaya pencegahan resiko jatuh pada pasien yang wajib dilakukan oleh perawat dan diisi dengan akurat sesuai dengan kondisi pasien. Ketidakpatuhan dalam menerapkan *Fall Risk Assessment*, merupakan suatu masalah dimana bisa mendatangkan kerugian bagi perawat, instansi dan terutama bagi pasien. Hasil observasi yang dilakukan penulis di Ruang Cendana II RS Bhayangkara Tk.I R. Said Sukanto menunjukkan dari 5 orang perawat sebanyak 4 orang (80%) menunjukkan sikap tidak patuh dalam menerapkan *Fall Risk Assessment* kepada pasien rawat inap sedangkan 1 orang (20%) menunjukkan sikap patuh. Berdasarkan dari hasil tersebut penulis melakukan *evidence based nursing* berupa pendidikan kesehatan dan observasi penerapan supervisi yang dilakukan Kepala Ruangan terhadap 5 orang perawat yang menjadi sasaran intervensi tersebut. Intervensi berlangsung selama tiga hari berturut-turut dengan dilakukannya *pre test* dan *post test* kepada perawat. Hasil evaluasi *post test* setelah lima orang perawat tersebut mendapat supervisi oleh Kepala Ruangan bahwa sebanyak 5 orang (100%) telah menunjukkan sikap patuh dalam menerapkan *Fall Risk Assessment* kepada pasien rawat inap. Hal ini menunjukkan supervisi Kepala Ruangan terbukti membantu dalam meningkatkan kinerja perawat dan mutu pelayanan kesehatan.

Kata Kunci: Resiko Jatuh, *Fall Risk Assessment*, Supervisi

CASE STUDY REDUCE NURSE'S WORK STRESS WITH SELF HEALING THERAPY THROUGH EXPRESSIVE WRITING THERAPY METHOD IN MAHONY ROOM I BHAYANGKARA HOSPITAL TK.I RADEN SAID SUKANTO

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Abstract

The risk of falling is a condition where the patient is at risk of injury and serious injury due to falls while being treated in hospital. Fall risk assessment is an effort to prevent the risk of falling in patients that must be carried out by nurses and filled out accurately according to the patient's condition. Non-compliance in implementing the Fall Risk Assessment is a problem which can bring harm to nurses, agencies and especially to patients. The results of observations made by the author in the Cendana II Room at Bhayangkara Tk.I R. Said Sukanto Hospital showed that from 5 nurses, 4 people (80%) showed disobedience in applying the Fall Risk Assessment to inpatients while 1 person (20%) show obedience. Based on these results, the authors conducted evidence based nursing in the form of health education and observations of the implementation of supervision carried out by the Head of the Room for 5 nurses who were the targets of the intervention. The intervention lasted for three days in a row with pre-test and post-test for nurses. The results of the post test evaluation after the five nurses were supervised by the Head of the Room showed that as many as 5 people (100%) had shown an obedient attitude in applying the Fall Risk Assessment to inpatients. This shows that the supervision of the Head of the Room is proven to be helpful in improving the performance of nurses and the quality of health services.

Keywords: Fall Risk, Fall Risk Assessment, Supervision