

**PENERAPAN *EVIDENCE BASED NURSING* (EBN)
AROMATERAPI LAVENDER DALAM MENGATASI
KELELEHAN PERAWAT DI RUANG IGD 1 RUMAH SAKIT
BHAYANGKARA TK.I R.SAID SUKANTO**

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Abstrak

Perawat bertanggung jawab untuk mengatur semua jenis perawatan kesehatan, termasuk promosi kesehatan, pencegahan penyakit, pengobatan penyakit fisik dan mental, perawatan bagi penyandang cacat, dan perawatan komunitas untuk orang-orang dari segala usia. ketidakseimbangan beban kerja perawat merupakan masalah yang sering terjadi di rumah sakit dan sering menimbulkan kelelahan bagi tenaga perawat. kelelahan dapat mengganggu kinerja perawat yang kemudian akan berdampak pada mutu pelayanan yang ditawarkan kepada klien dan menurunkan kepuasan pasien. Aromaterapi lavender merupakan salah satu metode relaksasi untuk mengatasi kelelahan kerja. Berdasarkan pendataan dari 12 orang penanggung jawab ruangan diketahui bahwa 5 orang perawat atau 58,3% dari total termasuk dalam kelompok kurang lelah, sedangkan 4 orang perawat atau 33,3% masuk dalam kategori lelah, dan tiga orang atau 25% dari total termasuk dalam kategori sangat lelah. Intervensi dilakukan selama 3 hari pada tanggal 13 Maret 2023 hingga 15 Maret 2023. Intervensi diberikan kepada perawat dengan kategori lelah dan sangat lelah dengan total perawat 7 orang. penurunan tingkat kelelahan yaitu sebanyak 85,71% perawat (6 orang) kelelahannya menurun ke kategori kurang Lelah dan sangat lelah menjadi kurang lelah dan 14,28% perawat (1 orang) yang sebelumnya di kategori sangat Lelah menjadi lelah. Hal ini menunjukkan bahwa pemberian aromaterapi lavender mampu memberikan perubahan tingkat kelelahan.

Kata Kunci : Aromaterapi Lavender, Kelelahan Perawat, Perawat

**APPLICATION OF EVIDENCE BASED NURSING (EBN)
LAVENDER AROMATHERAPY IN OVERCOMING NURSE
FAILURE IN THE IGD 1 ROOM BHAYANGKARA HOSPITAL
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Abstract

Nurses are responsible for administering all types of health care, including health promotion, disease prevention, treatment of physical and mental illness, care for the disabled, and community care for people of all ages. Nurse workload imbalance is a problem that often occurs in hospitals and often causes fatigue for nurses. fatigue can interfere with nurse performance which will then have an impact on the quality of service offered to clients and reduce patient satisfaction. Lavender aromatherapy is a method of relaxation to overcome work fatigue. Based on data collection from the 12 people in charge of the room, it was found that 5 nurses or 58.3% of the total were included in the less tired group, while 4 nurses or 33.3% were included in the tired category, and three people or 25% of the total were included in the fatigue category. very tired category. The intervention was carried out for 3 days from 13 March 2023 to 15 March 2023. The intervention was given to nurses in the tired and very tired categories with a total of 7 nurses. decreased fatigue level, namely as much as 85.71% of nurses (6 people) whose fatigue decreased to the less tired and very tired category became less tired and 14.28% of nurses (1 person) who were previously in the very tired category became tired. This shows that giving lavender aromatherapy can change the level of fatigue.

Keywords : *Lavender Aromatherapy, Nurse, Nurse Fatigue*