

# **ANALISIS ASUHAN KEPERAWATAN DENGAN INTERVENSI FOOT REFLEXOLOGY TERHADAP PERUBAHAN STATUS HEMODINAMIK PADA PASIEN DI RUANG INTENSIVE CARE UNIT (ICU)**

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## **Abstrak**

ICU digunakan bagi pasien yang kritis atau adanya ancaman serta kemungkinan mengalami kegagalan suatu fungsi sistem vital seorang pasien yang dapat mengancam jiwa, salah satu masalah yang sering terjadi di ruang ICU adalah ketidakstabilan hemodinamik yang ditandai dengan peningkatan tekanan arteri rata-rata, denyut jantung, laju pernapasan, dan penurunan saturasi oksigen. Salah satu terapi komplementer yang dapat digunakan untuk menstabilkan hemodinamik adalah Foot Reflexology. Penelitian ini bertujuan untuk mengetahui efektivitas terapi Foot Reflexology terhadap perubahan status hemodinamik di ruang ICU. Pengukuran status hemodinamik yang di observasi meliputi: tekanan darah, *mean arteri pressure* (MAP), frekuensi nadi, frekuensi pernafasan dan saturasi oksigen. Hasil studi kasus menunjukkan adanya perubahan status hemodinamik baik pada pasien kelolaan maupun resume. Diharapkan terapi Foot Reflexology dapat digunakan sebagai penatalaksanaan terapi komplementer untuk menstabilkan hemodinamik pada pasien di ruang ICU.

**Kata Kunci:** Status Hemodinamik, *Foot Reflexology*, Ruang Perawatan Intensif

# **ANALYSIS OF NURSING CARE WITH FOOT REFLEXOLOGY INTERVENTION ON CHANGES IN HEMODYNAMIC STATUS IN PATIENTS IN THE INTENSIVE CARE UNIT (ICU)**

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## **Abstract**

ICU is used for patients who are critical or there is a threat and the possibility of experiencing a failure of a patient's vital system function that can be life-threatening, one of the problems that often occurs in the ICU is hemodynamic instability characterized by an increase in average arterial pressure, heart rate, respiratory rate, and decreased oxygen saturation. One complementary therapy that can be used to stabilize hemodynamics is Foot Reflexology. This study aims to determine the effectiveness of Foot Reflexology therapy against changes in hemodynamic status in the ICU. Measurements of hemodynamic status observed include: blood pressure, mean arterial pressure (MAP), pulse frequency, respiratory frequency and oxygen saturation. Either complementary therapy that can be used to stabilize hemodynamics is Foot Reflexology. This study aims to determine the effectiveness of Foot Reflexology therapy on changes in hemodynamic status in the ICU. Hemodynamic status measurements that were observed included: blood pressure, mean arterial pressure (MAP), pulse frequency, respiratory frequency and oxygen saturation. The results of the case study show changes in hemodynamic status in both managed and resumed patients. It is hoped that Foot Reflexology therapy can be used as a complementary therapy to stabilize hemodynamics in patients in the ICU.

**Keywords:** Hemodynamic Status, *Foot Reflexology*, Intensive Care Unit