

**PENERAPAN *EVIDENCE BASED NURSING* PENGGUNAAN  
*EARPLUG* DAN *EYEMASK* TERHADAP PENCEGAHAN  
DELIRIUM PADA PASIEN DI *HIGH*  
*CARE UNIT* RSUD TARAKAN**

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**Abstrak**

Delirium merupakan tantangan penting di unit perawatan intensif (ICU) atau unit perawatan tinggi (HCU) dan dikaitkan dengan dampak yang buruk. Pasien dengan delirium umumnya mengalami perubahan status mental, pemikiran yang tidak teratur, dan perubahan tingkat kesadaran. Prevalensi delirium selama dirawat di ICU/HCU sebesar 17,9%. Faktor berhubungan dengan delirium seperti riwayat hipertensi, tingkat keparahan penyakit yang tinggi saat masuk rumah sakit, usia, nyeri, penggunaan benzodiazepin, demam dan kurang tidur. Delirium berkembang sebagai akibat dari cahaya terang, suara asing di ICU/HCU, mengakibatkan ketidaknyamanan emosional serta kurang tidur. Salah satu terapi nonfarmakologis yang dapat diberikan yaitu penggunaan *earplug* dan *eyemask*. Bertujuan untuk mengetahui efektifitas penerapan terapi penggunaan *eyemask* dan *earplug* terhadap pencegahan perkembangan delirium pada pasien HCU di RSUD Tarakan. Delirium pasien di observasi menggunakan *Intensive Care Delirium Screening Care* (ICDSC) dan *Glasgow Coma Scale* (GCS). Hasil studi kasus dari penerapan terapi penggunaan *earplug* dan *eyemask* menunjukkan bahwa pasien tidak mengalami perkembangan derajat delirium selama menggunakan *earplug* dan *eyemask* selama 3 hari berturut turut dengan skor GCS sebelum dan sesudah intervensi yaitu 15 dan skor ICDSC sebelum dan sesudah intervensi 0. Diharapkan terapi penggunaan *earplug* dan *eyemask* ini dapat diterapkan untuk mencegah kejadian delirium pada pasien selama perawatan di ICU/HCU.

**Kata Kunci :** Delirium *Earplug*, *Eyemask*, HCU

# **IMPLEMENTATION OF EVIDENCE BASED NURSING USE EARPLUG AND EYEMASK FOR PREVENTION DELIRIUM IN PATIENTS IN THE HCU OF TARAKAN HOSPITAL**

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## **Abstract**

Delirium is an important challenge in the intensive care unit (ICU) or high care unit (HCU) and is associated with adverse outcomes. Patients with delirium generally experience changes in mental status, disorganized thinking, and changes in level of consciousness. The prevalence of delirium while being treated in the ICU/HCU was 17.9%. Factors associated with delirium include a history of hypertension, high disease severity at hospital admission, age, pain, use of benzodiazepines, fever and lack of sleep. Delirium develops as a result of bright lights, unfamiliar sounds in the ICU/HCU, resulting in emotional discomfort and lack of sleep. One non-pharmacological therapy that can be given is the use of earplugs and eyemasks. The aim is to determine the effectiveness of applying eyemask and earplug therapy to prevent the development of delirium in HCU patients at Tarakan Regional Hospital. The patient's delirium was observed using Intensive Care Delirium Screening Care (ICDSC) and the Glasgow Coma Scale (GCS). The results of the case study from the application of therapy using earplugs and eyemasks show that the patient did not experience a development in the degree of delirium while using earplugs and eyemasks for 3 consecutive days with a GCS score before and after the intervention of 15 and an ICDSC score before and after the intervention of 0. It is hoped that therapy using earplugs and this eyemask can be applied to prevent delirium in patients during treatment in the ICU/HCU.

**Keywords:** Delirium, Earplug, Eyemask, HCU