

HUBUNGAN PENERAPAN *PRESSURE ULCER PREVENTION CARE BUNDLE* TERHADAP TINGKAT RISIKO DAN KEJADIAN LUKA TEKAN PADA PASIEN TIRAH BARING DI ICU

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Abstrak

Luka tekan (*Pressure Ulcer*) merupakan kondisi kerusakan sel-sel jaringan kulit di antara tonjolan tulang dengan jaringan luar yang terjadi karena penekanan jaringan lunak dalam waktu yang lama. Salah satu faktor risiko luka tekan adalah kondisi tirah baring yang banyak ditemukan pada pasien ICU. Kejadian luka tekan di ICU terus meningkat di setiap tahun sehingga membutuhkan penerapan *Pressure Ulcer Prevention Care Bundle*. Bertujuan untuk menganalisis hubungan antara penerapan *Pressure Ulcer Prevention Care Bundle* dengan tingkat risiko dan kejadian luka tekan. Penelitian ini menggunakan desain analitik observasional prospektif kohort dengan pendekatan kuantitatif. Data primer dikumpulkan melalui lembar observasi *Pressure Ulcer Prevention Care Bundle*, kejadian luka tekan dan kuesioner skala Norton terhadap 51 pasien. Hasil analisis uji Kendall-Tau tidak terdapat hubungan ($p > 0,005$; $r = -0,127$) antara penerapan *Pressure Ulcer Prevention Care Bundle* dengan tingkat risiko luka tekan dan tidak terdapat hubungan ($p > 0,005$; $r = 0,161$) antara penerapan *Pressure Ulcer Prevention Care Bundle* dengan kejadian luka tekan. Diharapkan perawat dapat mengaplikasikan secara konsisten terkait dengan *Pressure Ulcer Prevention Care Bundle* sehingga penerapan dapat optimal.

Kata Kunci: ICU, Luka Tekan, *Pressure Ulcer Prevention Care Bundle*, Tingkat Risiko Luka Tekan

**RELATIONSHIP BETWEEN THE IMPLEMENTATION OF
PRESSURE ULCER PREVENTION CARE BUNDLE
TO THE RISK LEVEL AND INCIDENCE OF
PRESSURE WOUNDS IN PATIENTS ON
BED REST IN THE ICU**

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Abstract

Pressure ulcers are a condition of damage to skin tissue cells between bony protrusions and outer tissue that occurs due to prolonged pressure on soft tissue. One of the risk factors for pressure ulcers is bed rest, which is often found in ICU patients. The incidence of pressure ulcers in the ICU continues to increase every year, requiring the implementation of the Pressure Ulcer Prevention Care Bundle. The aim is to analyze the relationship between the implementation of the Pressure Ulcer Prevention Care Bundle and the risk level and incidence of pressure ulcers. This study used a prospective observational cohort analytical design with a quantitative approach. Primary data were collected through the Pressure Ulcer Prevention Care Bundle observation sheet, pressure ulcer incidence and the Norton scale questionnaire for 51 patients. The results of the Kendall-Tau test analysis showed no relationship ($p > 0.005$; $r = -0.127$) between the implementation of the Pressure Ulcer Prevention Care Bundle and the risk level of pressure ulcers and no relationship ($p > 0.005$; $r = 0.161$) between the implementation of the Pressure Ulcer Prevention Care Bundle and the incidence of pressure ulcers. It is hoped that nurses can apply consistently regarding the Pressure Ulcer Prevention Care Bundle so that implementation can be optimal.

Keywords: *ICU, Pressure Ulcer, Pressure Ulcer Prevention Care Bundle, Pressure Ulcer Risk Level*