

ANALISIS ASUHAN KEPERAWATAN DENGAN PENERAPAN TERAPI DISTRAKSI *KALEIDOSCOPE* UNTUK MEMINIMALKAN KECEMASAN, KETAKUTAN DAN NYERI SELAMA PEMASANGAN INFUS PADA ANAK DI IGD RSUD PASAR MINGGU

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Abstrak

Tindakan medis kegawatdaruratan pada anak, khususnya pemasangan infus, seringkali memicu kecemasan, ketakutan, dan nyeri yang menghambat kepatuhan pasien. Untuk mengatasi masalah ini, penelitian yang berlokasi di IGD RSUD Pasar Minggu ini berfokus pada analisis asuhan keperawatan melalui penerapan terapi distraksi *Kaleidoscope* dalam upaya meminimalkan gejala-gejala tersebut pada anak usia sekolah selama prosedur pemasangan infus. Metode yang digunakan adalah pemberian terapi *Kaleidoscope* sebelum dan selama penusukan *abocath*, diikuti dengan evaluasi efektivitas sebelum, saat dan segera setelah tindakan menggunakan skala *Children's Anxiety Meter Children's Fear Scale* dan *Wong Baker FACES Pain Rating Scale*. Secara signifikan, terapi distraksi *Kaleidoscope* terbukti efektif mengurangi tingkat kecemasan, ketakutan, dan nyeri. Mekanismenya didasarkan pada pengalihan fokus atensi anak kepada pola warna dinamis *Kaleidoscope*, yang berdampak pada penurunan persepsi subjektif terhadap stimulus nosiseptif dan ancaman prosedural. Disarankan agar perawat IGD menerapkan terapi distraksi *kaleidoscope* dengan dukungan keluarga, serta mendorong penelitian lanjutan terkait *screening* paparan *gadget* pada anak dan penguatan sumber daya rumah sakit untuk mengoptimalkan mutu pelayanan.

Kata Kunci: Anak , IGD, *Kaleidoscope*, Pemasangan Infus

**NURSING CARE ANALYSIS WITH THE IMPLEMENTATION
OF *KALEIDOSCOPE* DISTRACTION THERAPY TO
MINIMIZE ANXIETY, FEAR, AND PAIN DURING
INTRAVENOUS CANNULATION IN CHILDREN AT THE
EMERGENCY DEPARTMENT OF PASAR MINGGU
HOSPITAL**

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Abstract

In the emergency setting, invasive medical procedures in pediatric patients, especially intravenous (IV) cannulation, commonly induce anxiety, fear, and pain, consequently resulting in diminished patient adherence. To address these challenges, this study, conducted at the Emergency Department of RSUD Pasar Minggu, analyzes the effectiveness of incorporating Kaleidoscope distraction therapy into nursing care to minimize these adverse symptoms in school-age children during the IV insertion procedure. The methodology involved providing the Kaleidoscope therapy immediately before and during the cannulation. Its effectiveness was evaluated before, during, and immediately after the successful procedure using the Children's Anxiety Meter, Children's Fear Scale, and Wong Baker FACES Pain Rating Scale. Results demonstrated that the Kaleidoscope distraction therapy was significantly effective in reducing the children's levels of anxiety, fear, and pain. This mechanism is attributed to the successful diversion of the child's attention towards the dynamic colors and patterns of the Kaleidoscope, thereby lowering their subjective perception of the nociceptive stimulus and procedural threat. Based on these findings, it is recommended that ED nurses integrate this therapy with appropriate family involvement, while also promoting further research on screening children's exposure to digital devices and reinforcing hospital resource allocation to enhance the overall quality of care.

Keywords: *Children, Emergency Department, Kaleidoscope, Intravenous Cannulation*