

**PELATIHAN DISKUSI REFLEKSI KASUS RISIKO JATUH  
TERHADAP STANDAR OPERASIONAL PROSEDUR DI  
RUANG LAVENDER RSUD PASAR MINGGU**

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**Abstrak**

Pelatihan Diskusi Refleksi Kasus merupakan salah satu metode pembelajaran reflektif yang bertujuan meningkatkan kompetensi perawat serta memastikan penerapan Standar Operasional Prosedur berjalan konsisten. Penelitian ini bertujuan untuk mengetahui pengaruh pelatihan diskusi refleksi kasus terhadap peningkatan pengetahuan, sikap dan keterampilan perawat di Ruang Lavender RSUD Pasar Minggu. Penelitian menggunakan pendekatan pra-eksperimental dengan desain *pretest-posttest* tanpa kelompok kontrol pada 10 perawat. Intervensi berupa edukasi, sosialisasi, *role play*, dan diskusi refleksi kasus dilakukan pada tanggal 16 September 2025. Data dikumpulkan melalui kuesioner *pre test* dan *post test* penerapan diskusi refleksi kasus serta lembar observasi penerapan SOP. Hasil penelitian menunjukkan adanya peningkatan signifikan pada pengetahuan perawat, dari rata-rata 70,90 menjadi 95,80 ( $p=0,000$ ). Temuan ini mengindikasikan bahwa pelatihan diskusi refleksi kasus efektif dalam meningkatkan kemampuan analisis, kesadaran profesional, dan konsistensi penerapan SOP risiko jatuh. Disimpulkan bahwa diskusi refleksi kasus dapat dijadikan strategi pembelajaran berkelanjutan untuk meningkatkan mutu pelayanan keperawatan, khususnya dalam pencegahan risiko jatuh pasien.

**Kata kunci:** DRK, Pelatihan, SOP.

**CASE REFLECTION DISCUSSION TRAINING ON THE  
IMPLEMENTATION OF STANDARD OPERATING  
PROCEDURES FOR FALL RISK IN THE LAVENDER ROOM  
OF RSUD PASAR MINGGU**

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***Abstract***

*Case Reflection Discussion Training is a reflective learning method aimed at improving nurses' competency and ensuring consistent implementation of Standard Operating Procedures. This study aimed to determine the effect of case reflection discussion training on improving nurses' knowledge and compliance in implementing fall risk SOPs in the Lavender Ward of Pasar Minggu Regional Hospital. The study used a pre-experimental approach with a pretest-posttest design without a control group on 10 nurses. The intervention consisted of education, socialization, role play, and case reflection discussions conducted on September 16, 2025. Data were collected through pretest and posttest questionnaires and SOP implementation observation sheets. The results showed a significant increase in nurses' knowledge, from an average of 70.90 to 95.80 ( $p=0.000$ ). The level of compliance with fall risk SOP implementation also increased from 68.10 to 88.60 ( $p=0.000$ ), with all nurses showing a good category after the intervention. These findings indicate that case reflection discussion training is effective in improving analytical skills, professional awareness, and consistency in implementing fall risk SOPs. It was concluded that case reflection discussions can be used as a continuous learning strategy to improve the quality of nursing services, especially in preventing the risk of patient falls.*

**Keywords:** CRD, SOP, Training.