

ANALISIS PENERAPAN *FAMILY VOICE RECORDING* TERHADAP TINGKAT KESADARAN DAN STATUS HEMODINAMIK PADA PASIEN PENURUNAN KESADARAN DI ICU: STUDI KASUS

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Abstrak

Pasien yang dirawat di ICU sering mengalami penurunan tingkat kesadaran, salah satunya disebabkan oleh stroke infark yang menimbulkan gangguan fungsi neurologis berat. Upaya non-farmakologis yang dapat digunakan yaitu auditori stimulasi berupa *Family Voice Recording* yang diperdengarkan kepada pasien. Penelitian ini bertujuan untuk menganalisis penerapan *Family Voice Recording* terhadap tingkat kesadaran dan status hemodinamik pada pasien penurunan kesadaran di ICU. Penelitian ini menggunakan desain studi kasus terhadap dua pasien penurunan kesadaran akibat stroke infark. Intervensi *Family Voice Recording* diberikan 3x sehari dengan durasi 20 menit selama lima hari yang dimulai dengan proses pembuatan rekaman suara berdasarkan naskah yang telah disusun bersama dengan anggota keluarga terdekat pasien. Pengukuran keberhasilan menggunakan lembar observasi yang berisikan *Glasgow Coma Scale* (GCS) dan parameter hemodinamik meliputi tekanan darah sistolik dan diastolik, denyut nadi, dan saturasi oksigen. Hasil analisis menunjukkan bahwa pada kasus kelolaan, skor GCS meningkat dari E₂M₂V_{ett} menjadi E₃M₅V_{ett}, sedangkan pada kasus resume meningkat dari E₁M₂V_{ett} menjadi E₂M₃V_{ett}. Status hemodinamik keduanya menunjukkan perbaikan bertahap dengan penurunan tekanan darah dan denyut nadi menuju rentang normal, serta SpO₂ stabil (97–100%). *Family Voice Recording* direkomendasikan sebagai intervensi keperawatan non-farmakologis yang dapat mendukung peningkatan kesadaran dan stabilitas hemodinamik pada pasien penurunan kesadaran akibat stroke infark di ICU.

Kata kunci : Auditori Stimulasi, *Penurunan Kesadaran*, *Family Voice Recording*, Status Hemodinamik, Tingkat Kesadaran

ANALYSIS OF FAMILY VOICE RECORDING IMPLEMENTATION ON LEVEL OF CONSCIOUSNESS AND HEMODYNAMIC STATUS IN PATIENTS WITH DECREASED CONSCIOUSNESS IN THE ICU: A CASE STUDY

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Abstract

Patients treated in the ICU frequently experience a decreased level of consciousness, one of which is caused by ischemic stroke resulting in severe neurological dysfunction. A non-pharmacological intervention that can be applied is auditory stimulation in the form of Family Voice Recording delivered to the patient. This study aimed to analyze the application of Family Voice Recording on the level of consciousness and hemodynamic status in patients with decreased consciousness in the ICU. This study employed a case study design involving two patients with decreased consciousness due to ischemic stroke. The Family Voice Recording intervention was administered three times daily for 20 minutes over five days, beginning with the process of recording family voices based on a script prepared in collaboration with the patients' closest family members. Outcome measurements were conducted using an observation sheet consisting of the Glasgow Coma Scale (GCS) and hemodynamic parameters, including systolic and diastolic blood pressure, heart rate, and oxygen saturation. The results showed that in the managed case, the GCS score increased from E₂M₂V_{ett} to E₃M₅V_{ett}, while in the resumed case, it increased from E₁M₂V_{ett} to E₂M₃V_{ett}. The hemodynamic status of both patients demonstrated gradual improvement, indicated by a decrease in blood pressure and heart rate toward normal ranges, as well as stable oxygen saturation (97–100%). Family Voice Recording is recommended as a non-pharmacological nursing intervention to support improvements in consciousness and hemodynamic stability in patients with decreased consciousness due to ischemic stroke in the ICU.

Keywords : *Auditory Stimulation, Decreased Level of Consciousness, Family Voice Recording, Hemodynamic Status, Level of Consciousness*