

PENERAPAN *EVIDENCE BASED NURSING*: TERAPI MUSIK DAN *EYE-MASK* TERHADAP PENINGKATAN KUALITAS TIDUR DAN PENCEGAHAN DELIRIUM PASIEN PASCA LAPAROTOMI DI ICU

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Abstrak

Gangguan kualitas tidur dan risiko delirium merupakan masalah umum pada pasien yang dirawat di ICU, terutama pada pasien pasca operasi laparotomi. Lingkungan ICU yang bising, pencahayaan terang, serta faktor fisiologis seperti nyeri dan stres pasca bedah sering memperburuk kondisi tersebut dan berdampak pada pemulihan fisiologis maupun kognitif. Penelitian ini bertujuan untuk menganalisis efektivitas penerapan *Evidence-Based Nursing* (EBN) berupa terapi musik dan *eye mask* terhadap peningkatan kualitas tidur dan pencegahan delirium pada pasien pasca operasi laparotomi di ruang ICU. Metode penelitian menggunakan pendekatan studi kasus pada dua pasien pasca laparotomi dengan gangguan pola tidur. Intervensi berupa terapi musik instrumental dan *eye mask* diberikan selama 3 hari dan dilakukan evaluasi di hari keempat. Kualitas tidur dinilai menggunakan *Richards-Campbell Sleep Questionnaire* (RCSQ), sedangkan risiko delirium dinilai menggunakan *Nursing Delirium Screening Scale* (Nu-DESC). Hasil menunjukkan bahwa pasien kelolaan dan resume mengalami peningkatan skor RCSQ dari kategori buruk (Ny. A skor 40/100) atau sedang (Ny. E skor 48/100) menjadi kategori baik (76 pada Ny. A, dan 83 pada Ny. E). Selain itu, skor Nu-DESC pada pasien yang menunjukkan tanda awal delirium menurun menjadi 0 setelah dilakukannya intervensi, sedangkan pasien lainnya tetap stabil pada skor 0 tanpa menunjukkan gejala delirium sepanjang periode pengamatan.

Kata Kunci: Delirium, Kualitas tidur, Laparotomi, ICU, Masker Mata, Terapi Musik.

EVIDENCE-BASED NURSING: THE EFFECT OF MUSIC THERAPY AND EYE-MASK ON SLEEP QUALITY AND DELIRIUM IN POST-LAPAROTOMY PATIENTS IN ICU

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Abstract

Sleep disturbances and the risk of delirium are common problems in ICU, especially postoperative laparotomy patients. The ICU environment that characterized by noise, lighting, pain, and postoperative stress often worsens these conditions and impact to physiological and cognitive recovery. This study aims to analyze the effectiveness of Evidence-Based Nursing (EBN) interventions using music therapy and eye masks in improving sleep quality and preventing delirium among postoperative laparotomy patients in the ICU. The research method used a case study approach in two post-laparotomy patients with sleep disturbances. The intervention, instrumental music therapy and eye mask use, was given for 3 days and evaluated on the fourth day. Sleep quality was assessed using the Richards-Campbell Sleep Questionnaire (RCSQ), while delirium risk was measured using the Nursing Delirium Screening Scale (Nu-DESC). The results showed that both patients experienced significant improvement in sleep quality, with RCSQ scores increasing from poor (40/100) or moderate (48/100) to good (76 and 83, respectively). In delirium aspect, the Nu-DESC score of the patient who initially exhibited early signs of delirium decreased to 0 after the intervention, while the other patient remained stable at 0 with no delirium symptoms observed throughout the evaluation period.

Keyword: *Eye Mask, Delirium, ICU, Laparotomy, Music Therapy, Sleep Quality*