

INTISARI

GAMBARAN KUALITAS TIDUR PADA PASIEN KRITIS STABIL DI RUANG *SURGICAL HIGH CARE UNIT (SHCU)* DAN *MEDICAL HIGH CARE UNIT (MHCU)* RSUP Dr.SARDJITO

Latar Belakang: Unit perawatan intensif seperti HCU merupakan unit di suatu rumah sakit yang mana pasien kritis stabil di rawat. Masalah yang sering dialami pasien kritis adalah pemenuhan istirahat dan tidur dimana prevalensi gangguan tidur pada pasien kritis lebih dari 47%. Tujuan penelitian ini adalah untuk mengetahui gambaran kualitas tidur pada pasien kritis stabil yang dirawat di ruang SHCU dan MHCU.

Metode: Penelitian ini merupakan penelitian kuantitatif dengan studi deskriptif. Populasinya adalah pasien SHCU dan MHCU RSUP Dr. Sardjito dengan kondisi kognitif baik dengan teknik sampling yaitu consecutive sampling, jumlah sampel sebanyak 98. Kualitas tidur pasien diukur dengan Richard Campbell Sleep Questionare (RCSQ).

Hasil: Sebagian besar kualitas tidur pada pasien kritis stabil di ruang SHCU dan MHCU RSUP Dr. Sardjito memiliki kualitas tidur yang buruk yaitu sejumlah 74 responden (75,5%) dan hanya 24 responden (24,5%) kualitas tidur baik. Kualitas tidur buruk dialami pada karakteristik usia 19-44 tahun (77,1%), laki-laki (67,9%), > 2 diagnosa penyakit (83,6%), terpasang > 2 alat medis (78,5%), pada penggunaan 2 jenis kombinasi obat analgetik dan antibiotik (72,9%) dan pada pemenuhan nutrisi dengan alat bantu NGT/OGT (77,1%). Pada kualitas tidur nilai mean 45,20 dan standar deviasi 20,94. Berdasarkan RCSQ rerata domain kualitas tidur dibawah cut off point RCSQ 63,4 yaitu direntang antara 44,37 sampai 46,43.

Kesimpulan: Gambaran pada pasien kritis stabil 75,5% memiliki kualitas tidur yang buruk. Faktor yang mempengaruhi diantaranya nyeri, kebisingan, pencahayaan dan kecemasan. Hasil penelitian ini diharapkan dapat digunakan sebagai data awal untuk mengidentifikasi gangguan tidur dan untuk strategi penanganan gangguan tidur di unit intensif dengan modifikasi lingkungan

Kata kunci: *high care unit (HCU)*, Kualitas tidur, Pasien kritis stabil, RCSQ

ABSTRACT

AN OVERVIEW OF SLEEP QUALITY AMONG CRITICALLY STABLE PATIENTS IN THE SURGICAL HIGH CARE UNIT (SHCU) AND MEDICAL HIGH CARE UNIT (MHCU) DR. SARDJITO HOSPITAL

Background: The intensive care unit such as HCU is a unit in a hospital where critically stable patients are treated. Critically stable patients frequently encounter challenges in obtaining sufficient rest and sleep whereas, the prevalence of sleep disorders in critical patients is more than 47%. The aim of this research is to determine the quality of sleep in critically stable patients treated in SHCU and MHCU Dr. Sardjito hospital.

Method: This research is a quantitative research with a descriptive study. The population in this study were SHCU and MHCU patients at Dr. Sardjito hospital who is in good cognitive condition. The sampling method in this research was consecutive sampling with a total sample of 98 respondents. The patient's sleep quality were measured using the Richard Campbell Sleep Questionnaire (RCSQ).

Results: Most of critically stable patients in the SHCU and MHCU rooms at Dr. Sardjito hospital, the majority had poor sleep quality of 74 respondents (75.5%) and only 24 respondents (24.5%) had good sleep quality. Poor sleep quality was experienced by characteristics aged 19-44 years (77,1%), male (67,9%), > 2 disease diagnoses (83,6%), > 2 medical devices installed (78,5%) , in the use of 2 types of combination of analgesic drugs and antibiotics (72,9%) and given nutrition with NGT/OGT (77,1%). The mean of sleep quality is 45.20 with the standard deviation is 20.94. Based on the RCSQ, the average sleep quality domain is below the RCSQ cut-off point of 63.4, which ranges from 44.37 to 46.43.

Conclusion: An overview of critical stable patients is that 75.5% have poor sleep quality. It is hoped that the results of this study can be used as initial data to identify sleep disorders and for strategies for treating sleep disorders in intensive units with environmental modifications.

Keywords: Critically ill, High Care Unit, RCSQ, Sleep quality.