

## INTISARI

**Latar belakang:** Pandemi COVID-19 telah memberikan tekanan yang besar pada sistem layanan kesehatan secara global. Perawat di ICU menanggung beban yang belum pernah terjadi sebelumnya dalam merawat pasien COVID-19. Di Indonesia belum ada penelitian yang melaporkan adanya PTSD di kalangan perawat yang merawat pasien COVID-19.

**Tujuan:** Mengeksplorasi pengalaman PTSD perawat ICU selama bekerja di ruang ICU COVID-19 Rumah Sakit Dr. Kanujoso Djatiwibowo Balikpapan (RSKD) dan *coping management* yang dilakukan untuk mengatasi PTSD.

**Metode:** Perawat ICU RSKD yang merawat pasien COVID-19 direkrut setelah mereka mengisi skrining PTSD dengan menggunakan *Post-Traumatic Stress Disorder Checklist for DSM-V (PCL-5)* versi bahasa Indonesia yang sudah divalidasi dan reliabilitasi dengan skor  $\geq 30$ . Dua belas partisipan diwawancarai dengan pertanyaan terbuka selama 30 – 45 menit. Wawancara semi terstruktur ditranskrip kemudian dianalisis dengan menggunakan teknik analisis data kualitatif.

**Hasil:** Studi ini mengidentifikasi tiga tema utama dari pengalaman PTSD perawat ICU COVID-19 RSKD, yaitu: trauma saat COVID-19, gejala pascatrauma, dan manajemen coping untuk PTSD. Tema pertama menjelaskan tentang trauma yang didapat partisipan selama masa pandemi. Tema kedua menerangkan tanda dan gejala yang masih ada pada partisipan setelah pandemi berakhir. Tema ketiga menerangkan tentang coping management yang dilakukan partisipan untuk mengatasi PTSD.

**Kesimpulan:** Hasil penelitian menunjukkan bahwa pengalaman PTSD yang dialami perawat ICU saat bertugas di ruang ICU COVID-19 RSKD ketika pandemi lalu memberikan gambaran kepada kita bahwa tidak hanya trauma yang dirasakan saat pandemi, tetapi hingga saat ini beberapa perawat ICU COVID-19 RSKD masih mengalami tanda dan gejala PTSD.

**Kata kunci:** COVID-19; Perawat ICU; PTSD; *Coping Management*, studi kualitatif



## ABSTRACT

**Background:** The COVID-19 pandemic has placed significant strain on healthcare services globally. Nurses working in intensive care units (ICUs) are experiencing an unprecedented level of responsibility in providing care for patients with COVID-19. To date, there is no research conducted in Indonesia that has reported the occurrence of PTSD among nurses who are involved in the treatment of COVID-19 patients.

**Purpose:** This study aims to explore the PTSD experiences of ICU nurses while working in the ICU COVID-19 ward of the Hospital Dr. Kanujoso Djatiwibowo Balikpapan (RSKD) and their coping to manage PTSD.

**Methods:** The recruitment process for ICU nurses at RSKD involved assessing their eligibility based on their completion of a PTSD screening. This screening utilized the Indonesian version of the Post-Traumatic Stress Disorder Checklist for DSM-V (PCL-5), which had been validated and deemed reliable. Nurses with a score of 30 or higher were selected as participants. 12 participants then underwent semi-structured interviews, lasting between 30 to 45 minutes, where they were asked open-ended questions. The transcripts of these interviews were subsequently analyzed using qualitative data analysis techniques.

**Results:** This study outlined three primary themes regarding the PTSD encounters of COVID-19 ICU nurses at RSKD, which are: trauma during COVID-19, post-traumatic symptoms, and coping strategies for PTSD. The initial theme delves into the trauma experienced by participants during the pandemic. The second theme elucidates the signs and symptoms that persist in participants even after the pandemic concludes. The third theme elaborates on the coping mechanisms utilized by participants to address PTSD.

**Conclusion:** The results of the study reveal that the PTSD encountered by ICU nurses while working in the COVID-19 ICU at RSKD during the previous pandemic illustrate that not only trauma was felt during the pandemic, but even now, some ICU nurses at COVID-19 RSKD continue to experience signs and symptoms of PTSD.

**Keywords:** COVID-19; intensive care unit nurses; PTSD; coping management; qualitative research