

GAMBARAN PENGETAHUAN PERAWAT TENTANG INTERVENSI PENCEGAHAN LUKA TEKAN DI INSTALASI RAWAT INTENSIF RSUP DR SARDJITO YOGYAKARTA

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INTISARI

Latar Belakang: Luka tekan adalah masalah serius di ruang perawatan intensif akibat berbagai faktor risiko, seperti imobilisasi, inkontinensia, dan gangguan nutrisi. Pengetahuan perawat tentang intervensi pencegahan luka tekan, termasuk bundle SSKIN-Pro, sangat penting untuk menurunkan angka kejadian luka tekan dan meningkatkan kualitas pelayanan. Namun, belum semua perawat memahami secara mendalam komponen bundle care luka tekan.

Tujuan Penelitian: Penelitian ini bertujuan untuk mengetahui gambaran pengetahuan perawat di Instalasi Rawat Intensif RSUP Dr. Sardjito tentang intervensi pencegahan luka tekan dengan bundle SSKIN-Pro dan berdasarkan karakteristik demografi.

Metode: Penelitian menggunakan desain deskriptif kuantitatif dengan pendekatan *cross-sectional*. Sampel penelitian terdiri dari perawat di ruang SHCU, MICU, MHCU, Melati 5, SICU, dan Luka Bakar, dengan metode total sampling. Data dikumpulkan menggunakan kuesioner berbasis bundle SSKIN-Pro dan dianalisis dengan distribusi frekuensi dan persentase.

Hasil: Penelitian yang dilakukan pada 130 perawat (97% dari populasi) di RSUP Dr. Sardjito menunjukkan gambaran pengetahuan yang beragam terkait pencegahan luka tekan. Responden didominasi perempuan (82,3%) dengan rata-rata usia 33 tahun dan berpendidikan S1 (51,5%). Meskipun sebagian besar perawat memahami pentingnya pencegahan dan perawatan luka tekan, pengetahuan mendalam mengenai bundle SSKIN-Pro masih rendah, dengan hanya 1,5% yang mengetahui seluruh komponennya. Pengetahuan tentang pemilihan matras yang tepat juga masih kurang (43,1%). Sumber informasi utama responden adalah workshop (41,5%), diikuti mentoring (23,1%). Temuan ini mengindikasikan perlunya pelatihan yang lebih terstruktur dan spesifik, terutama mengenai bundle SSKIN-Pro dan aplikasinya, untuk meningkatkan pengetahuan dan penerapan pencegahan luka tekan yang efektif.

Kesimpulan: Mayoritas perawat di RSUP Dr. Sardjito memiliki pengetahuan baik tentang pencegahan luka tekan dengan SSKIN-Pro sehingga masih diperlukan sosialisasi, pelatihan, serta evaluasi berkala untuk memastikan penerapannya yang optimal. Pemahaman terkait definisi, pemilihan matras, dan pengkajian kulit masih perlu ditingkatkan melalui pelatihan komprehensif untuk mendukung pencegahan yang lebih efektif.

Kata Kunci: Pengetahuan perawat, pencegahan luka tekan, bundle SSKIN-Pro.

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DESCRIPTION OF NURSES' KNOWLEDGE ABOUT PRESSURE ULCER PREVENTION INTERVENTIONS IN THE INTENSIVE CARE UNIT OF RSUP DR. SARDJITO YOGYAKARTA

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ABSTRACT

Background: Pressure ulcers are a critical issue in intensive care units due to various risk factors such as immobility, incontinence, and nutritional disorders. Nurses' knowledge of pressure ulcer prevention interventions, including the SSKIN-Pro bundle, is essential for reducing incidence rates and improving care quality. However, not all nurses have a comprehensive understanding of the bundle care components for pressure ulcer prevention.

Objective: This study aims to describe the knowledge of nurses in the Intensive Care Unit of RSUP Dr. Sardjito regarding pressure ulcer prevention interventions using the SSKIN-Pro bundle and explore the knowledge based on their demographic characteristics.

Methods: This descriptive quantitative study employed a cross-sectional approach. The study involved nurses working in SHCU, MICU, MHCU, Melati 5, SICU, and the Burn Unit, selected through total sampling. Data were collected using a questionnaire based on the SSKIN-Pro bundle and analyzed through frequency and percentage distributions.

Results: The study conducted on 130 nurses (97% of the population) at RSUP Dr. Sardjito revealed diverse levels of knowledge regarding pressure ulcer prevention. The respondents were predominantly female (82.3%), with an average age of 33 years, and 51.5% held a bachelor's degree. While most nurses understood the importance of pressure ulcer prevention and care, in-depth knowledge of the SSKIN-Pro bundle remained low, with only 1.5% being familiar with all its components. Knowledge about selecting the appropriate mattress was also limited (43.1%). Workshops (41.5%) were the primary source of information, followed by mentoring (23.1%), yet 62.3% of respondents reported being unfamiliar with pressure ulcer prevention using the SSKIN-Pro bundle care approach. These findings highlight the need for more structured and specific training, particularly on the SSKIN-Pro bundle and its application, to enhance knowledge and the effective implementation of pressure ulcer prevention measures.

Conclusion: Nurses' knowledge of pressure ulcer prevention using the SSKIN-Pro bundle is generally have a good knowledge; however, ongoing socialization, training, and regular evaluations are still needed to ensure its optimal implementation.

Keywords: Nurses' knowledge, pressure ulcer prevention, SSKIN-Pro bundle.

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