

INTISARI

Latar Belakang: Gangguan yang ditimbulkan akibat stroke menyebabkan penderita mengalami kelemahan, penurunan dalam perawatan diri serta kesulitan untuk melakukan aktivitas sehari-hari seperti mandi. Salah satu diagnosis keperawatan yang mungkin muncul untuk pasien stroke dengan *self-care deficit* adalah *bathing self-care deficit* dengan pilihan intervensinya adalah *Nursing Interventions Classification (NIC) self-care deficit bathing*.

Tujuan: Mengetahui gambaran intervensi keperawatan berdasarkan *Nursing Interventions Classification (NIC) Self-Care Deficit Bathing* pada pasien stroke dengan diagnosis keperawatan *Bathing Self Care Deficit* di RSUP Dr. Sardjito.

Metode: Penelitian ini adalah penelitian dengan jenis penelitian deskriptif kuantitatif dengan desain penelitian *cross-sectional*. Penelitian ini dilakukan pada bulan Januari-Februari 2018 dengan melibatkan 27 responden dengan total sebanyak 54 kali observasi. Instrumen penelitian berupa kuesioner *Nursing Interventions Classification Self-Care Deficit Bathing*. Hasil pengumpulan data dilakukan analisis univariat.

Hasil: Usia rata-rata pasien stroke di RSUP Dr Sardjito adalah $57,18 \pm 12,72$ tahun, laki-laki 51,85% dan perempuan 48,15%. Pasien yang menderita stroke hemoragik adalah 44,44% dan yang menderita stroke iskemik adalah 55,56%. Skor indeks barthel total didominasi oleh pasien stroke dengan ketergantungan total sebesar 40,74%. Persentase item terbesar yaitu 100% pada 6 aktivitas intervensi keperawatan untuk *bathing self-care deficit* dari jumlah total 12 item aktivitas. Terdapat 6 item aktivitas yang tidak mencapai 100% dengan persentase terkecilnya yaitu 9,26%.

Kesimpulan: Aktivitas intervensi keperawatan pada *Nursing Interventions Classification Self-Care Deficit Bathing* pada pasien stroke memiliki jumlah dan persentase yang bervariasi. Skor indeks barthel didominasi oleh pasien stroke dengan ketergantungan total.

Kata Kunci: Stroke, *self-care deficit bathing*, *nursing interventions classification*

ABSTRACT

Background: The impairment affected by stroke cause the patient have a problem such as weakness, decrease in self-care and difficult in performing activity of daily living such as bathing. One of problrm ofself-care in stroke patients can be referred to nursing diagnosis of bathing self-care deficit with Nursing Interventions Classification (NIC) self-care deficit bathing.

Purpose: To identify the description of nursing interventions basen on Nursing Interventions Cassification (NIC) self-care deficit bathing in stroke patients with bathing self-care deficit diagnose at RSUP Dr. Sardjito.

Methods: The research used a quantitative description study with cross-sectional design. This research was conducted on January-February 2018 and it involved 27 respondents with 54 total observation. An instrument in this study using Nursing Interventions Classification (NIC) Self-Care Deficit Bathing and using univariate analysis.

Findings: The average age of stroke patient in RSUP Dr Sardjito was $57,18 \pm 12,72$ years, men 51,85% and women 48,15%. Stroke patient who suffered a hemorrhagic stroke were 44,44% and those with ischemic stroke were 55,56%. Barthel Index score was classified as total dependence with 40,74%. The largest percentage of items was 100% in 6 activities of nursing intervention for bathing self-care deficit out of 12 activity items. There were 6 items of activity who did not reach for 100% with the smallest percentage 9,26%.

Conclusion: Nursing intervention activities on Nursing Interventions Classification (NIC) Self-Care Deficit Bathing in stroke patient has varying numbers and percentages. The barthel index score is dominated by total dependency categories.

Keyword: Stroke, self-care deficit bathing, nursing interventions classification.