

ABSTRAK

ASUHAN KEPERAWATAN DISTRES SPIRITUAL PADA KLIEN *CHRONIC KIDNEY DISEASE* (CKD) DI RSU HAJI SURABAYA

Oleh : Nisaaul Mufidah

Chronic Kidney Disease (CKD) merupakan salah satu penyakit kronis yang akan mempengaruhi kualitas hidup klien termasuk masalah spiritual. Kebutuhan spiritual yang tidak terpenuhi akan menimbulkan distress spiritual. Oleh karena itu penelitian ini bertujuan untuk menggambarkan asuhan keperawatan distress spiritual pada klien CKD di RSU Haji Surabaya.

Penelitian ini menggunakan metode penelitian deskriptif dalam bentuk studi kasus dengan pendekatan asuhan keperawatan. Subyek penelitian adalah dua orang penderita CKD dengan masalah distress spiritual. Pengumpulan data dilakukan dengan wawancara dan pemberian kuesioner *Spiritual Distress Assessment Tools* (SDAT). Penelitian dilaksanakan pada bulan Agustus 2019 sampai bulan Juni 2020.

Hasil pengkajian pada klien menunjukkan gejala adanya pernyataan marah kepada Tuhan, keluhan ketidakberdayaan dan berdasarkan pengukuran SDAT klien mengalami distress spiritual grade sedang. Rencana tindakan yang dilakukan adalah pemberian dukungan spiritual yang meliputi observasi, tindakan terapeutik, dan edukasi. Setelah dilakukan asuhan keperawatan selama 3 hari, distress spiritual teratasi yang ditunjukkan dengan hasil pengukuran SDAT kedua klien menurun.

Berdasarkan hasil tersebut disarankan agar bisa terbentuk kerjasama antara tim kesehatan, keluarga klien dan klien sendiri untuk keberhasilan asuhan keperawatan pada klien dengan masalah distress spiritual.

Kata kunci: Asuhan Keperawatan, Distres Spiritual, Chronic Kidney Disease (CKD)

ABSTRACT

SPIRITUAL DISTRESS NURSING IN CHRONIC KIDNEY DISEASE (CKD) CLIENTS AT HAJI GENERAL HOSPITAL SURABAYA

By : Nisaaul Mufidah

Chronic Kidney Disease (CKD) is one of the chronic disease that will affect the quality of life of clients, including spiritual problems. Spiritual needs that are not fulfilled will cause spiritual distress. Therefore this study aims to describe nursing care of spiritual distress in CKD clients at Surabaya Haji General Hospital.

This research uses descriptive research method in the form of case studies with nursing care approach. The research subjects were two CKD sufferers with spiritual distress problems. Data collection was carried out by interviewing and giving Spiritual Distress Assessment Tools (SDAT) questionnaires. The study was conducted in August 2019 until June 2020.

The results of assessment on the client showed symptoms of being angry statements to God, complaints of helplessness and based on SDAT measurements the client experienced moderate grade spiritual distress. The action plan taken is providing spiritual support which includes observation, therapeutic action, and education. After 3 days of nursing care, spiritual distress was resolved as indicated by the results of SDAT measurements of both clients decreased.

Based on these results it is suggested that collaboration can be formed between medical team, client's family and client for the success of nursing care to clients with spiritual distress problems.

Keywords: Nursing Care, Spiritual Distress, Chronic Kidney Disease (CKD)