

RESPON ADAPTASI FISIOLOGIS DAN PSIKOLOGIS PASIEN LUKA BAKAR
YANG DIBERIKAN KOMBINASI *ALTERNATIVE MOISTURE BALANCE DRESSING*
DAN SEFT TERAPI DI RSUP DR. SARDJITO YOGYAKARTA

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ABSTRAK

Latar belakang: Luka bakar merupakan trauma yang berdampak paling berat terhadap fisik maupun psikologis. Dengan masih terbatasnya jenis topikal terapi *advance dressing* yang tersedia di beberapa rumah sakit, banyak dikembangkan alternatif perawatan luka bakar berbasis lembab (*alternative moisture balance dressing*) untuk mempercepat penyembuhan luka. Intervensi nonfarmakologis untuk penanganan stres psikologis dengan SEFT terapi, dengan SEFT terapi pasien menjadi rileks dan pikiran menjadi lebih tenang. Relaksasi yang diciptakan sangat berpengaruh dalam proses penyembuhan luka.

Penelitian ini bertujuan: Mengetahui respon adaptasi fisiologis dan psikologis pasien luka bakar yang diberikan kombinasi *alternative moisture balance dressing* dan *SEFT* terapi.

Metode: *Action Research* untuk mengetahui respon adaptasi fisiologis dan psikologis pasien luka bakar yang diberikan kombinasi *alternative moisture balance* dan *SEFT* terapi. Sampel adalah total populasi yang memenuhi kriteria inklusi.

Hasil: Didapatkan 8 responden (Maret-Juni 2014). Sebagian besar laki-laki 75%, usia antara 17 - 51 tahun, luas luka antara 6-55%TBSA, derajat II 37,5%, derajat III 62,5%. Respon adaptasi fisiologis dengan indikator *wound healing* rata-rata 42,37 (36 – 49) menunjukkan respon adaptasi fisiologis yang adaptif, lama waktu sembuh derajat II rata-rata 17,6 hari (7-36 hari), derajat III rata-rata 28,8 hari (20-40 hari). Respon adaptasi psikologis dengan skor *acceptance* rata-rata 44,5 (40 – 50) dan didukung dari hasil wawancara semuanya menunjukkan respon adaptasi psikologis yang adaptif.

Kesimpulan: Respon adaptasi fisiologis dan Psikologis adaptif setelah pemberian kombinasi *alternative moisture balance dressing* dan *SEFT* terapi.

Kata kunci: *Alternative moisture balance dressing*, *SEFT* terapi, adaptasi fisiologis, adaptasi psikologis

PHYSIOLOGICAL AND PHYSIOLOGICAL ADAPTATION RESPONSE OF BURN
PATIENTS WERE GIVEN A COMBINATION OF ALTERNATIVE MOISTURE
BALANCE DRESSING

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ABSTRACT

Background: Burns are the most severe trauma impact on both physical and psychological. With the limited types of advanced dressings are available in some hospitals, many alternatives were developed based treatment of burns moist (moisture balance dressings alternative) to accelerate wound healing. Non-pharmacological interventions for the treatment of psychological stress with SEFT therapy, the patient's with SEFT therapy will be relaxed and the mind becomes calm. Relaxation created very influential in the healing process. This study aim: To identify the physiological and psychological adaptation response of burn patients were given a combination of alternative SEFT moisture balance dressings and therapies.

Methods: Action Research to determine the physiological and psychological adaptation response of burn patients were given a combination of alternative moisture balance and SEFT therapy The sample is the total population that met the inclusion criteria.

Result : There were 8 respondents (March - June 2014). Most of the 75% of men, aged between 17-51 years, extensive of wound between 6-55% TBSA, 37.5% stage II, stage III 62.5%. Physiological adaptation response with an wound healing indicator average 42.37 (36-49) showed that physiological adaptation response is adaptive, long time recovering the second degree on average 17.6 days (7-36 days), the average grade III 28 , 8 days (20-40 days). Psychological adaptation response with an acceptance score average 44.5 (40-50) and supported by the results of interviews all indicate an adaptive response to psychological adaptation.

Conclusion: Psychological and physiological adaptation response following administration of a combination of alternative moisture balance dressings and therapies SEFT are adaptive

Keywords: Alternative moisture balance dressings, SEFT therapy, physiological adaptation ,psychological adaptation