

ABSTRAK

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KAJIAN LITERATUR: PENATALAKSANAAN PENCEGAHAN LUKA TEKAN

(xiii + 48 Halaman + 1 Bagan + 7 Tabel + 1 Lampiran)

Latar Belakang: Luka tekan adalah keadaan rentan terhadap cedera lokal pada kulit atau jaringan dibawahnya. Perawat memiliki peran penting dalam mencegah luka tekan terutama pada pasien berisiko, tetapi karena banyaknya beban kerja perawat sehingga kejadian luka tekan masih banyak dijumpai dan hal ini membuktikan belum efektifnya tindakan keperawatan yang diberikan. **Tujuan Penelitian:** Kajian literatur ini bertujuan untuk mengetahui apa saja penatalaksanaan pencegahan luka tekan. **Metode Penelitian:** Penelitian ini menggunakan desain kajian literatur. Data yang digunakan diambil dari dua database yaitu *Google Scholar* dan *Pubmed*, menggunakan *boolean* AND dan OR, dan dicari berdasarkan kriteria inklusi dan eksklusi yang ditentukan. Pencarian artikel disajikan dalam diagram PRISMA. Artikel yang didapat lalu dilakukan *critical appraisal* menggunakan *tools* JBI, kemudian dianalisis dengan pendekatan *simplified approach*. **Hasil Penelitian:** Hasil pencarian diperoleh sebanyak 2.725.029 artikel di *Google Scholar* dan 62.172 artikel di *Pubmed*, sehingga total 2.787.201 artikel. Digunakan delapan artikel yang membahas enam intervensi pencegahan luka tekan. Artikel lalu dikelompokkan dalam dua tema yaitu perawatan kulit dan *positioning*. Perawatan kulit dapat menggunakan VCO, WPJ, *Olive Oil*, NSO, *Heel Ring*, Sedangkan *positioning* dengan pemberian posisi 90°. **Kesimpulan:** VCO, WPJ, *Olive Oil*, NSO, *Heel Ring* dan posisi 90° dapat digunakan dalam penatalaksanaan pencegahan luka tekan.

Kata kunci: pencegahan, luka tekan, intervensi.

Referensi: 39 (2009-2020)

ABSTRACT

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LITERATURE REVIEW: PREVENTION OF PRESSURE ULCERS MANAGEMENT.

(xiii + 48 Pages; 1 Chart; 7 Table; 1 Attachment)

Background: Pressure sores are prone to local injuries to the skin or underlying tissues. Nurses have an important role in preventing pressure ulcers, especially in patients at risk, but due to the large workload of nurses so that the incidence of pressure ulcers is still often found and this proves the effectiveness of nursing interventions. **Aim:** To find out what are the prevention management for pressure ulcers. **Methods:** This study uses a literature review design. The data used were taken from two databases, Google Scholar and Pubmed, using boolean AND and OR, and were searched based on specified inclusion and exclusion criteria. Article search results is presented in the PRISMA diagram. The articles obtained are then performed critical appraisal using JBI tools, then analyzed using the simplified approach. **Results:** The search results obtained as many as 2,725,029 articles on Google Scholar and 62,172 articles on Pubmed, bringing a total of 2,787,201 articles. Eight articles were used that discussed six prevention interventions for pressure sores. The article then is grouped into two themes namely skin care and positioning. Skin care can use VCO, WPJ, Olive Oil, NSO, Heel Ring, while positioning with 90° positions. **Conclusion:** VCO, WPJ, Olive Oil, NSO, Heel Ring and 90° position can be used in the management of pressure sores prevention.

Keywords: prevention, pressure ulcers, intervention.

References: 39 (2009-2020)