



DESCRIPTION OF NURSES ROLE IN PROVIDING MENTAL SUPPORT TO THE PREOPERATIVE PATIENTS

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ABSTRACT

Introduction: Surgery is performed for various reasons, for example for diagnostic, curative, reparative, reconstructive, palliative. Elective and emergency surgery is a tense complex event (Digiulio, 2007). The anxiety they experience is usually associated with all kinds of foreign procedures that the patient must undergo and also the threat to life safety due to all kinds of surgical procedures and anesthesia (Majid, 2011).

Objectives: The research objective was to study the description of nurses role in providing mental support to the preoperative patients at outpatient installation of Baptis Hospital Kediri, the research design was descriptive.

Method: Population in this research that was all patients that would be performed operation at outpatient installation of Baptis Hospital Kediri, number of samples researched were 62 respondents. The variable of this research was nurses role in providing mental support to the preoperative patients. The instrument used by the researcher was the questionnaire, and the analysis used the descriptive frequency.

Result: The results of the nurses role in providing mental support to the preoperative patients at outpatient installation of Baptis Hospital Kediri were 62 respondents obtained enough result that were 53 respondents (85.5%), got good result as many as 2 respondents (3.2%), got less than 7 respondents (11.3%).

Conclusion: Conclusion of research showed that nurses role in providing mental support to the preoperative patients at outpatient installation of Baptis Hospital Kediri was enough.

INTRODUCTION

Surgery is performed for a variety of reasons, for example diagnostic, curative, reparative, reconstructive, palliative. Both elective and emergency surgery are complex, stressful events (Digiulio, 2007). Surgery or surgery is a difficult experience for almost all patients. Various bad possibilities can occur that will endanger the patient, do not be surprised if often patients and their families show a rather excessive attitude with the anxiety they experience. The anxiety they experience is usually associated with all kinds of foreign procedures that must be endured by patients and also threats to life safety due to all kinds of surgical procedures and anesthesia (Majid, 2011). Knowledge, perceptions and signs of preoperative anxiety in patients about the surgery need to be known by nurses because each patient has different perceptions or anxiety signs, including physiological signs due to stress including increased respiratory rate, increased blood pressure, sweaty palms, changes in sleep patterns, and so on (Badaredo, 2009). From observations made,

nurses only pay attention to the patient's physical preparation (laboratory examination, radiological examination, ECG examination, preparation of the operating site, shaving the operating area, preparation of fasting) without preparing the patient's psychological or mental state (informing the operation method, operating procedure, operating site, time or hour of operation, the doctor who will do the surgery)

In the Regional General Hospital (RSUD) Sleman based on a preliminary study on the 23rd to 26th December 2011 using the HARS instrument showed that from 31 respondents obtained preoperative patients who experienced anxiety 54.8%. Based on the results of research in the orthopedic ward RSUI Kustati Surakarta in March (2008) obtained patients who want to do surgery that experienced anxiety there were 77.6%, both those who experienced mild anxiety, moderate anxiety, severe anxiety or severe anxiety. At Kediri Baptist Hospital in the last four months from April to July 2017 there were 150 patients, where the average monthly patient undergoing

37 patients surgery. Pre-study results in preoperative patients conducted on August 8, 2017 showed 80% of patients had moderate anxiety.

The preoperative phase begins when a decision is made to carry out surgical intervention. In patients who will undergo surgery will experience anxiety, anxiety they experience is usually associated with all kinds of foreign procedures that must be undertaken by patients and also threats to life safety due to all kinds of surgical procedures and anesthesia (Majid, 2011). Anxiety is responses to stress that generally have an adaptive function that alerts us to real dangers and motivates us to prepare and deal with various situations (Patricia, 2008). According to Majid (2011) Anxiety or fear can result in physiological changes in the patient before undergoing surgery, including: patients with a history of hypertension if experiencing anxiety before surgery can cause the patient to have difficulty sleeping and his blood pressure will increase so that the operation can be canceled. Or female patients who are overly anxious about surgery may experience menstruation sooner than usual, so the operation must be postponed. Preoperative education is very important to achieve positive surgical results (Black, 2014). The role of nurses in this case is to provide mental support can be done by: helping patients know about the actions experienced by patients before surgery, provide information to patients about the time of operation, things that will be experienced by patients during the operation process, indicating the place of the room surgery and so on. By knowing various information during the operation, it is expected that the patient will be better prepared for surgery, however there are families who do not want the patient to know about various things related to the operation that will be experienced by the patient, giving the patient and his family the opportunity to ask about all the procedures that exist, give the patient and family the opportunity to pray together before the patient is brought to the operating room, correcting the wrong understanding about the surgical action and other things because the wrong understanding will cause anxiety in the patient (Majid, 2011). For this reason, providing mental support by providing information is very important, as the longest and most frequent health worker interacts with patients, nurses are expected to be psychologically "medicine" (Yulifah, 2009).

METHOD

The study was conducted by descriptive method. The population in this study were all patients who will be operated on at the Outpatient Hospital of Kediri Baptist Hospital, on average in May to July 2017 as many as 100 people. The inclusion criteria in this study are (1) Patients who will be operated on (all types of operations both major and minor operations) in the Outpatient Installation of Baptist Hospital in Kediri, (2) Patients who are willing to be investigated. (3) Patients who have a good mental emotional state.

The research instrument is a tool used to measure natural and social phenomena observed in a study (Sugiyono, 2009). Researchers used a questionnaire with

a description of general data there were 4 questions including demographic data consisting of gender, age, educational history, and type of surgery, while specific data there were 22 questions consisting of 5 indicators namely: 1. Patient's knowledge of the actions experienced by the patient before operation, consisting of 4 questions. 2. Patient's knowledge of the surgical preparation procedure, consisting of 5 questions. 3. Give patients and family opportunities to ask questions, consisting of 5 questions. 4. If anything is unclear whether the nurse explains again, it consists of 4 questions. 5. Collaboration with doctors regarding premedication drugs, consisting of 4 questions

RESULTS

The results of the research carried out are as follows:

Table 1: Overview of the Role of Nurses in Providing Mental Support to Preoperative Patients in the Outpatient Installation of the Baptist Hospital in Kediri on 8 February to 9 April 2018 (n = 62 respondents).

No	Nurses Role	F	%
1	Good	2	3,2
2	Moderate	53	85,5
3	Low	7	11,3
Total		62	100

Based on table 1 it can be seen that more than 50% of respondents have a sufficient role, as many as 53 respondents (85.5%)

Table 2 Indicators of the Description of the Role of Nurses in Providing Mental Support to Preoperative Patients in the Outpatient Installation of the Baptist Hospital in Kediri on 8 February to 9 April 2018 (n = 62 respondents).

Indicators	Categories					
	Good		Moderate		Low	
	Σ	%	Σ	%	Σ	%
Action	8	12,9	52	83,9	2	3,2
Procedures	4	6,5	11	17,7	47	75,8
Chance	51	82,3	5	8,1	6	9,7
Handling	8	12,9	46	74,2	8	12,9
Collaboration	5	8,1	20	32,2	37	59,7

Based on table 2 shows that of 62 respondents it is known that the indicator of the role of nurses about actions obtained is mostly sufficient, namely 52 respondents (83.9%). Indicators of the nurse's role on the Procedure were found to be mostly lacking at 47 respondents (75.8%). Indicators of the role of nurses about opportunity are mostly good 51 respondents (82.3%). Indicators about repatriation were mostly sufficient, namely 46 respondents (74.2%). Indicators of the role of nurses about Collaboration obtained more than 50% less results, 37 respondents (59.7%).

DISCUSSION

Based on the research results of the Role of Nurses in Providing Mental Support to Preoperative Patients in Outpatient Installation of Baptist Hospital in Kediri as many as 62 respondents obtained sufficient results, namely 53 respondents (85.5%), obtained good results of 2 respondents (3.2%), the results obtained were less than 7 respondents (11.3%). Based on the above data it is concluded that the Role of Nurses in Providing Mental Support to Preoperative Patients in the Outpatient Installation of Baptist Hospital in Kediri is mostly sufficient, namely 53 respondents (85.5%).

According to (Majid, 2011) preoperative nursing is the initial stage of perioperative nursing. Preoperative care is the first stage of perioperative care that begins when the patient is admitted into the receiving room and ends when the patient is transferred to the operating table for surgery. Success in surgery as a whole depends largely on this phase. This is the beginning which is the foundation for the success of the next steps. Mistakes made in this phase will be fatal in the next stage. An integral assessment of the patient's function including biological and psychological physical functions is necessary for the success and success of an operation. Mental or psychological preparation. According to (Long, 1999 in Majid, 2011) Mental preparation is no less important in the process of preparation for surgery, because a patient's mentality that is not ready or unstable can affect his physical condition. Surgery is a potential or actual threat to the integrity of a person that can evoke physiological and psychological stress reactions. Inadequate mental preparation can affect patient and family decision making. So it is not uncommon for patients to refuse previous operations that have been approved and usually patients go home without surgery and a few days later come back to the hospital after feeling ready and this means it has delayed the operation that should have been done a few days or a few weeks ago. Therefore, the patient's mental preparation becomes important to be considered and supported by the patient's family or closest people.

According to Hidayat (2009), the role of nurses in providing mental support to patients before surgery includes helping patients know the actions that will be experienced by patients before surgery, providing information to patients about the time of surgery, things that will be experienced by patients during the operation process, providing explaining in advance every action in preparation for surgery, explaining in advance every action in preparation for surgery according to the level of development, providing mental support, encouraging patients to pray and collaboration with doctors regarding the administration of premedication drugs. SOP preparation at Kediri Baptist Hospital includes an explanation of operating costs, informed consent, asking for the last meal and drink, asking for a history of illness and a history of allergy and physical preparation for surgery namely checking blood pressure, pulse, temperature, breathing, releasing jewelry and prostheses (false teeth, and others), braiding hair (women), cleaning lipsticks and nail polish, installing infusions, installing NGT and Urine catheters when needed, checking blood, rotating photos, heart records, giving premedication drugs, and marking surgical wounds.

The role of nurses at Kediri Baptist Hospital in providing

mental support to preoperative patients has not been done to the maximum, because in the SOP (Standard Operating Procedures) preoperative preparation at the Kediri Hospital focuses on physical preparation while the SOP has no component about mental preparation that needs to be given to preoperative patients, both physical and mental preparation in preoperative patients both of these are very important because with the mental preparation of patients not given by nurses can affect the physical condition of patients, even postponed surgery. From the foregoing the importance of the nurse's role in preparing both the physical and mental patient

Indicators of the role of nurses in helping patients know about the actions experienced by patients before surgery, the results obtained were largely sufficient, namely 52 respondents (83.9%). The results of research on question No. 3 most of the respondents (72.6%) answered not explained about the operation process and question No. 4 the majority of respondents (91.9%) answered not explained about the location, environment, and equipment in the operating room.

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According to (Majid, 2011) the stomach and colon must be cleaned before surgery. Nursing interventions that can be given include patient fasting and emptying of the stomach and colon with a huknah or enema or lavement. In addition to legal action, patients are fasted between 7-8 hours before surgery, usually fasting is done starting at 24.00 WIB. The purpose of emptying the stomach and colon is to avoid aspiration, namely the entry of gastric fluid into the lungs and avoid fecal contamination to the surgical area so as to avoid post-surgical infections. Specifically for patients with traffic accidents, gastric emptying can be done by inserting a nasogastric tube (NGT). According to Asmadi (2008) The role of nurses as educators, nurses play a role in educating individuals, families, communities, as well as nursing staff and other health workers, the success of the educational process is influenced by the ability of nurses in communication, both verbally, and non-verbally.

Nurses provide services in the form of nursing care directly to clients (individuals, families, and communities) in accordance with their authority. Nursing care is provided to patients in all health care settings using the nursing process methodology, guided by nursing standards, based on nursing ethics and ethics, and within the scope of nursing authority and responsibilities. This nursing care is an aid given by the client in terms of physical and mental weakness to be able to carry out activities of daily living independently. (Nursalam, 2008) Services provided by nurses must be able to overcome physical, psychological and social spiritual problems in patients with a primary focus on changing patient behavior (knowledge, attitudes and skills) in overcoming health problems so that patients can be independent.

According to Nursalam and Ninuk (2007) The role of nurses in providing mental support can be done in a way, Provide an explanation first before the action of preparation for surgery before each action in preparation for surgery according to the level of development. Use simple and clear language. For example: if the patient has to fast the nurse will explain when to start fasting and until when, what are the benefits for, and if blood is drawn, the patient needs to be given an explanation of the purpose of the blood test, and so on. Thus, with the provision of complete information, the anxiety experienced by the patient can be reduced and mentally prepared the patient well.

Not being explained about the benefits of fasting before surgery will risk delaying the preparation of surgery because of the ignorance of the patient in the importance of fasting before surgery if the patient eats or drinks before surgery then aspiration will occur during surgery. So the role of nurses in health education for patients is very important so that patients adhere to the preparation of one of them fasting before surgery is performed calmly until surgery.

Indicators The role of nurses in giving patients the opportunity to ask about operating procedures, the results obtained are mostly good, namely 51 respondents (82.3%). The results of the study for question number 12

most of the respondents (61.3%) answered not explained about the duration of the operation.

According to (Ode, 2012) The role of nurses as patient advocates, this role is performed by nurses in helping patients and families interpret various information from service providers or other information. (Hidayat, 2009) The principle and role of nurses is Nursing is doing meaning the nurse conducts nursing studies and interventions based on the knowledge he has. The aim is to provide patients with a sense of security and comfort and provide comprehensive nursing care to them. Nursalam and Ninuk (2007) Gives patients and their families the opportunity to inquire about any existing procedure. It also gives the patient and family the opportunity to pray together before the patient is brought to the operating room, and provides information, advice or feedback on individual situations and conditions. This type of information can help individuals to identify and deal with problems more easily.

The role of nurses in providing patient opportunities about the duration of surgery is not all nurses do that because every patient who will undergo surgery is not all the same type of action depending on the type of surgery to be performed to patients, among others, major or minor operations, but it is also influenced by the patient's condition during surgery. In the case of implementation in the Outpatient Installation of the Baptist Hospital in Kediri, the nurse continues to communicate everything that will be done to the patient before the operation. This is evidenced that the role of nurses as advocates is carried out by nurses in preoperative preparation which is useful for increasing the mental readiness of patients in the face of surgery.

The role of nurses in providing other mental support is to correct the wrong notions of surgery. From the results of the study found that most of the results were sufficient, namely 46 respondents (74.2%). This is evidenced by question number 17 most of the respondents (74.2%) answered not explained about the operation process and question number 18 the majority of respondents (96.8%) answered not explained by nurses about the location, environment, and equipment in the operating room.

According to Ode (2012) the nurse's role is as a consultant, this role is a place of consultation for problems or appropriate nursing actions to be given. This role is carried out at the request of the client for information about the goals of nursing services provided. In this case nurses should evaluate the information received and understood by patients so that important things that need to be emphasized can be applied well to patients. According to Nursalam and Ninuk (2007) The role of nurses in providing mental support can be done by correcting the wrong understanding about surgery and other things because the wrong understanding will cause anxiety in patients.

According to (Majid, 2011) factors - factors that can affect patient anxiety are previous operating experience, understanding patients about the purpose and reasons for surgery, patient knowledge about the preparation of both physical and supporting operations, patient

knowledge about the situation or condition of the operating room and operating room staff, Patient's knowledge of procedures (pre, intra, post surgery), Patient's knowledge of exercises that must be done before surgery and must be carried out after surgery, such as deep breathing exercises, effective cough, ROM, and others.

The role of nurses in providing mental support, especially in terms of correcting the wrong understanding about surgery with sufficient results, nurses in the Outpatient Hospital of Baptist Hospital in Kediri have done it but it has not been maximized, providing evaluation measures need to be done by nurses because if nurses evaluate again about understanding surgical procedures in these patients is expected to reduce patient anxiety. according to the opinion of Majid (2011) that one of the factors that can affect anxiety is because the patient's understanding of the purpose and reason for surgery has not been done optimally.

The role of nurses in providing mental support in collaboration with doctors, related to the administration of premedication drugs obtained results Obtained good results ie 5 respondents (8.1%). Evidenced by problem number 21 most of the respondents (88.7%) answered not explained about the effects of drugs and the majority of respondents (98.4%) answered not explained about sleeping pills that might be consumed.

According to Ode (2012) the role of nurses as collaborators of this role is done because nurses work through a health team consisting of doctors, phototherapists, nutritionists and others with an effort to identify the required nursing services including discussion or exchange of opinions in determining the next form of service. According to Black (2014) Patients who use alcohol or illegal drugs may experience addiction manifestations because the drug is not consumed during post-surgery. In addition, patients who are addicted to alcohol often experience malnutrition or an unpredictable reaction to anesthetic drugs. Two servings of drinks a day can lead to manifestation of addictions that require changes in dosage from anesthetics and analgesics. Patients are asked to stop using all nicotine products at least one week before surgery. Nicotine is a vasoconstrictor and blood flow to the surgical site is an important aspect of healing. The use of nicotine patches and nicotine candy should also not be done during the preoperative period because it causes the presence of nicotine in the patient's blood circulation. In addition, patients who have been experiencing pain for a long time may need alternative methods to relieve pain because they cannot accept anything by mouth (Nothing by Mouth [NPO]). Patients who often drink caffeinated beverages such as coffee often experience headaches due to the NPO (Nothing by Mouth) status because caffeine intake stops suddenly. Without a good preoperative assessment, headaches may be interpreted as a surgical problem.

Nurses have not carried out optimally in asking about sleeping pills that patients may consume before surgery. it is important for nurses to ask because if they have previously taken sleeping pills it will affect the dose of the anesthetic that must be given to the patient. For this

reason, the nurse's role as a collaborator must be maximally performed to reduce the risk of surgery that the patient will experience.

CONCLUSIONS

Based on the results of the study it was found that: The Description of the Nurse's Role in Providing Mental Support to Preoperative Patients at the Baptist Hospital in Kediri is sufficient. Especially on the indicator Actions that will be performed surgery, and indicators Explanation of the explanation that is less clear, while the lack is the indicator of patient knowledge about surgical preparation procedures and indicators of collaboration with doctors for premedication drugs.

IMPLICATION

Based on the results of the study it is expected that nurses can increase their knowledge in providing mental support to preoperative patients in terms of providing an explanation of the procedure before surgery and collaboration with doctors about premedication drugs so as to reduce anxiety and be able to prepare the patient's mentality in undergoing surgery.

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