

AN IMPLEMENTATION OF OREM ADAPTATION THEORY ON POST-OP APPENDIXITIS LAPAROTOMY PAIN CASE MANAGEMENT AT OPERATION ROOM OF HASANUDDIN HOSPITAL IN MANNA

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Abstract

Appendicitis is one of gastrointestinal tract problems which causes appendicitis inflammation and clinical manifestation, it is a great pain in quadrants the right down of abdomen. The pain can be felt by the patient in pre operation or post operation. The purpose of this research is to see the effectiveness of Dorothea Orem Theory on the pain management appendicitis laparotomy case. The result of the pain management in appendicitis laparotomy post operation case is the pharmacology pain management which consist of the deep breathing relaxation, the distraction, the distraction technique (reading news paper), guided imagination technique and massage technique. The patient can do it by himself after the implementation during five days.

Key words : The application of Dorothea Orem Theory, Pain Management, Appendicitis Laparotomy.

Introduction

Disease can be caused by gastrointestinal system, such as Appendicitis. Appendicitis is an inflammation on from vermiform appendices and can cause acute abdomen. This disease can attack male or female of all ages. But most men with age 10 until 30 years old suffered from this (Mansjoer, Arief, et al, 2010). According to WHO number of Appendicitis incidents reach 3442 million cases each year. Statistics in America note that in a year there are 30-35 million appendices cases. 10% of American undergo Appendectomy. Africa and Asia have low prevalence but has a chance to increase due to unhealthy diet pattern (WHO 2013 in Rahmat 2016).

Surveys in 15 provinces in Indonesia in 2015 shows number of appendices who treated in Hospital by 4.351 cases. This number has risen drastically compared to a year before by 3.236 people (DepKes RI, 2016). According to Health Department of Bengkulu Province in 2015, there were 673 reported cases of Appendicitis and this number was increased in 2016 into 782 appendicitis cases (Health Department of Bengkulu Provinces 2016).

Appendicitis causes clinical manifestation such as severe pain on quadrant right below of abdomen. Pain is felt by patient before operation (Pre-Op) even after operation (Post-Op). This pain is calculated to happen for every Appendicitis patient (Mansjoer, Arief, et al 2010).

According to medical record data in Hasanuddin hospital Damrah. There were 128 Appendicitis cases in 2016 and this number increased in 2017 into 141 cases. According to 10 cases, mostly in Operation Zall was STT with 386 cases and the lowest case was BPH with 35 cases, meanwhile Laparotomy Post-Op cases with APP on the third rank with 196 cases.

One of the most famous theorists which is widely used in nursing service is Dorothea Orem. In Self Care theory, Orem considers that self-care is an activity to establish the independence of individuals who will improve their health. So, when a deficit, he needs help from the nurse to obtain independence again. This theory is a dynamic approach, where nurses work to improve the client's ability to take care for themselves rather than put the client in a dependent position because Self Care is a learned behavior (Orem in George 1995).

In the case of post op appendicitis, self care orem theory can be applied because patients with post op appendicitis require treatment, it requires an independence so that when the patient is hospitalized and return home the patient is able and understand to control the pain that arises after the surgery and able to run wound care independently. This is in accordance with what is described in Dorothea Orem's theory of patients being treated for the purpose of being self-

sufficient and able to take care of themselves in order to improve the health and patients' welfare (Orem in George 1995).

Based on the above background, the researcher is interested to research with title of "An implementation of Orem Adaptation Theory on Pain case management post-op of Appendicitis Laparotomy in Zall Operation Room at Hasanuddin Hospital in Manna in 2018".

Research Design and Methodology

This research used qualitative research method with case study research strategy and research concept framework. This research employed nursing care with interview and observation techniques that explain how the application of patient management post op laparotomy appendicitis with Dorothea Orem theory using Self-care method. In this study the researcher aims to obtain the application theory of Dorothea Orem in pain management independently in post op patients laparotomy appendicitis.

Finding and Discussion

1. Case Development Evaluation

Implementation of nursing care on Mrs. R in Zall Surgery room of Hasanuddin Hospital Damrah Manna. The study was conducted from 23 January to 28 January in 2018. The nursing process that had been conducted includes, assessment, diagnosis, intervention, implementation and evaluation.

a. Review

The review process is based on Orem's theory which consists of several parts such as Personal Factor, Universal Self Care Requisites, Developmental Self Care, Health Deviations, Medical Problems and Plan and Self Care Deficit. In the review process the researchers found no obstacles which meant that the review process went well and based on Orem's study of theory.

According to the results of the assessment, the researchers found the client problem on the assessment of personal factors and self-care deficits are pain in postoperative wounds laparotomy appendicitis, sleep break and activity intolerance. The main problem with Mrs.R was Mrs. R cannot control the pain caused.

b. Diagnose

The researchers formulated nursing diagnoses based on Orem's theory, researchers made the first diagnosis "Disability Mrs. R in performing self-care wound management post-surgery app laparotomy ", the second diagnosis was " Disability Mrs. R in performing self-care sleep restriction fulfillment ", and the third diagnosis was "Disability Mrs. R in self-care early mobilization post operation laparotomy app ".

c. Nursing Plan

The researchers developed an intervention plan for the first diagnosis: explaining pain and pain management, teaching the first non-pharmacological pain management techniques of deep breath relaxation, non-pharmacological pain management techniques both distraction techniques (reading books/papers), non-pharmacological pain management techniques, third, imagination guidance, non-pharmacological pain management techniques massage. Interventions for the second diagnosis were: explaining the importance of sleep rest in patients, teaching clients and families to modify a comfortable sleeping environment, teaching clients to keep themselves clean before bed (wash face, hands and feet). Interventions for the third diagnosis were: Explaining the importance of early mobilization, teaching how to mobilize tilted left right tilt, teaching mobilization sit, teaching mobilization runs.

d. Implementation

The researchers performed implementation on the first diagnosis for 5 days, the researchers found no obstacles, Mrs. R was very cooperative and able to do everything about pain management. Implementation were done as follows: explaining about pain and pain

management, teaching the first non-pharmacology pain management technique of breath deep breath, teaching non pain management technique of non-pharmacology both distracts technique (read book/newspaper), teaching non-pharmacy pain management technique third guided imagination, teaching non-pharmacological massage, pain management techniques massage. Implementation at the second diagnosis was conducted for 2 days. The implementation done as follows: explaining the importance of sleep rest in patients, teaching clients and families modify the comfortable environment for sleep, teaching clients to maintain personal hygiene before bed (wash face, hands and feet). Implementation on the third diagnosis was carried out for 2 days. The implementation done as follows: explaining the importance of early mobilization, teaching how to mobilize tilted left right tilt, teaching mobilization sit, teaching mobilization runs.

e. Evaluation

From all the implementations. the results show clients were able to control the pain therefore the pain can be reduced, although pain was not lost but the pain can be controlled well by Mrs. R, the client was able to sleep well and client activity was normal.

2. An analysis of Dorothea Orem Theory implementation

Orem's self-care theory can be applied to nursing cases because Orem has expanded its nursing focus from individual care to multiple units (family, group and community), Orem notes that when multiple units are served by nurses, the nursing system used is the wholly compensatory system, the partly compensatory system, the supportive-educative system, according to the patient's ability to perform the treatment.

3. Effectiveness Dorothea Orem Theory Application in Solving Pain Problems on Post-Op Patient of Laparotomy Appendicitis.

From the diagnosis and the implementation that had been implemented to Mrs. R then the researchers can conclude Orem Theory is effectively applied to patients with postoperative nausea pain problem laparotomy appendicitis, the effectiveness Orem theory proved by the response of clients who say the pain has been much less than before given implementation, from the statement researchers can conclude even though the pain is not lost but the taste pain can be controlled well by Mrs. R.

Conclusion

After the provision of nursing care in accordance with Dorothea Orem theory for approximately 5 days, the researchers found that the patient was able to perform treatment independently by performing pain management techniques that have been taught by researchers. Results shows Mrs. R said the pain was reduced and was able to control the pain that arises. The client was able to modify the environment to meet the needs of sleep and maintain personal hygiene before bed, the client was able to practice early mobilization oblique left right tilted, sit and walk.

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Biography



Yenita was born on 03 November 1982 in Manna city, South Bengkulu. She graduated from the Department of Professional Nurse, Faculty of Health Sciences, Dehasen University Bengkulu, in 2018. Now, she is active as a Nurse In Dr Hasanuddin Damrah Hospital, South Bengkulu. Her research interest is Medical Surgical Nursing.