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Original Article

Nurse's Experience in Caring End-of-Life Patients in Intensive Care Unit RSPI Prof. Dr Sulianti Saraso Jakarta Year 2021

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Abstract

Aims: To explore nurse's experience in caring of end-of-life patients in intensive care unit rspi prof. Dr sulianti saraso jakarta year 2021

Design: The type of research used in this research is qualitative research with a phenomenological approach

Methods : The subjects in this study were five nurses in the ICU RSPI Prof. Dr. Sulianti Saroso. Data analysis was carried out with the stages of data reduction, data presentation and leverage.

Results: Based on the results of research interviews, we found four three themes as follow: 1) Nurses have good mastery; 4) Nurse emotional control; 3) Nurse response toward end-of-life care.

Conclusions: This study found that nurse experience positively while caring of patients in end-of-life care, even sometime they still need to control their emotion of being empathy to the patients' condition. Comprehensive and continue training related to end of life care is require to enhance and update nurse knowledge and skill of end-of life care.

Keywords :

Experience, Nurse, and End of Life

INTRODUCTION

High mortality rates in health services can be caused by low quality of care and delays in transfer to appropriate care (1). According to WHO data, 80% of people suffer from a critical illness before they die. Critical illness is also the biggest silent killer with a mortality rate of up to 60% in Indonesia (2). Then based on data from the Population and Civil Registration Office of DKI Jakarta Province, data on the number of population deaths due to disease for 3 years (2017-2019) was 138,450 people, the highest number in 2019 was 48,343 people (3).

End of Life Care (EOLC) is part of the concept of palliative care which aims to help every chronic disease sufferer to live the best they can until they die in good condition (National Institutes of Nursing Research, 2011). A nurse is very closely involved in the process of end-of-life care and plays an important role in this case (4). The role of nurses during the provision of end-of-life care is related to interactions between patients, families and nurses that can help prevent stress, anxiety, depression and post-traumatic stress disorder. Competence, knowledge, cooperation and continuity are

general conditions that will support the realization of the ideal nurse role during the provision of end-of-life care (5). The role of nurses during the provision of End of life care related to interactions between patients, families and nurses is classified into four categories, namely the first to provide care to patients such as optimal pain and symptom management, nutritional support, hydration, nursing care, decubitus care, fulfillment of needs. spiritual, accompanying death and advocating for the family. Second, providing care to the patient's family such as providing good information regarding the treatment, procedure and patient prognosis, providing emotional support and acting in front of the patient. Third, environmental aspects such as reducing the use of technology, providing a quiet environment. Fourth, organizational aspects such as helping families prepare for the patient's death. There are many studies that examine the experience of nurses or the attitudes and knowledge of nurses, but each has its own characteristics related to the research theme. Both from different variables, problems in the treatment of certain diseases, research objects, research stages and methods, population and sample collection and so on. As research conducted by (6) discusses end of life care By Nurses: A Systematic Review that explains the attitude of nurses in performing care. Thus, this study aimed to explore nurse's experience in caring of end-of-life patients in intensive care unit rspi prof. Dr sulianti saraso jakarta year 2021.

METHODS

Study design and setting

The type of research used in this study is qualitative research with a phenomenological approach. The location of this research is in RSPI PROF. Dr. Sulianti Saroso has his address at Jalan Sunter Permai Rata, North Jakarta 14340. The research was carried out for four months, from October 2021 to January 2022.

Sample

In this study, research informants opened ten nurses in the ICU room of RSPI Prof. Dr. Sulianti Saroso. The informants included in the criteria for this research are: Informants are nurses who carry out treatment in the ICU, nurses who have participated in the end-of-life program, are able to communicate well, when they become respondents, informed consent, interviewed during in-depth interviews. A total of five participants agreed to join in this study.

Data Collection and analysis

Data collection in this study was carried out by observation, interviews and documentation. The method of data analysis in this study is through the stages of data reduction, data presentation and leverage. Then the validity of the data in this study was carried out with the stages of risk, transferability, dependability and confirmability.

RESULTS

Based on the results of research interviews, we found four three themes as follow:

1) Nurses have good mastery.

The results showed that nurses had good mastery of end-of-life care for patients; they understand the concepts, procedures and application of end-of-life patient care, although there are some nurses who still have to increase their knowledge of end-of-life. Knowledge and skills are obtained from the education that has been taken by the nurse herself. In addition to this, nurses also gain knowledge of end-of-life patient care from training and information exchange from other nurses.

"I really understand what should be given to patients at the end of their lives, only the focus of treatment here is mostly on the physical side, so the spiritual aspect is still unexplored" (P03, aged 32 years old)

"I learn by my self by joining seminar regarding end-of-life care" (P02, aged 30 years old)

4) Nurse emotional control

Nurses also know how to control emotions and there is no anxiety in caring for end-of-life patients. However, some nurses were expred the feeling of fear and anxiety; feeling sad about the patient's condition and unable to control these feelings.

"Every time in my duty, I almost faced dying patients, so I can still control my feelings" (P02, aged aged 35 years old)

"Sometime, I can't control my self if I saw the patients pass away espeacilly when they still have young children" (P05, aged aged 31 years old)

3) Nurse response toward end-of-life care.

Many nurses understand the changing conditions of end-of-life patients and are able to handle sharing things that happen to end-of-life patients with a calm attitude. Meanwhile, some nurses with low mastery of end-of-life patient care often ask for help from other nurse friends to assist in the care of end-of-life patients.

" Because I have been trained to provide a care, so I could response calmy if there is a cases of dying" (p04, 28 years old)

DISCUSSION

In this study, it was found that most of the nurses have good understands the concepts, procedures and application of end-of-life patient care, although there are some nurses who still have to increase their knowledge of end-of-life patient care. The findings are also supported by the theory from (7) that some nurses who rarely work in palliative care will find it difficult to maintain and develop knowledge and skills. Lack of knowledge and skills of nurses in end-of-life patient care will affect the formation of the nurse's own experience. Previous research reported that the length of time a nurse works in a hospital from the start of work to the time a nurse stops working (8). The

longer a person's working period at work, the more knowledge and experience he has, this can help in improving the skills of a nurse. Lack of knowledge and skills of nurses in end-of-life patient care will affect the formation of the nurse's own experience. Thus, health care policy needs to enhance nurse understanding on end-of-life care through systematic and comprehensive training.

This study found that nurse has an ability to control their emotion while taking care end-of life patients. Nurses also understand how to communicate with patients and their families to find out information about changes in the patient's condition. This is in line with the results of research (9) psychological and emotional responses to things that are done by families. Nurses should pay attention to the patient's family is in a state of high anxiety, depression, anxiety, and fear, remember, concentrate, and complete tasks.

Furthermore, Karen (10) nurses, like patients, are prone to experiencing anxiety and stress. The practice includes many stressors associated with the patient and the work environment, such as inadequate staff numbers, increased patient illness and inadequate support. The findings in this study are also in accordance with research conducted by (11) which explained that the results showed 26 respondents (81.25%) had a mild level of anxiety, 5 respondents (15.62%) had an anxiety level. moderate and 1 respondent (3.13%) had a severe level of anxiety. Most of the respondents, namely 18 people (56.25%) have moderate work motivation, 11 people (34.38%) have high work motivation and at least 3 respondents (9.37%) have work motivation.

CONCLUSIONS

This study found that nurse experience positively while caring of patients in end-of-life care, even sometime they still need to control their emotion of being empathy to the patients' condition. Comprehensive and continue training related to end of life care is require to enhance and update nurse knowledge and skill of end-of life care. Future studies may needed to explore more deep related to nurses experience towards end of life care in larger sample size and different characteristics to obtain more comprehensive understanding about this topic.

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