

ABSTRAK

EFEKTIVITAS INTERVENSI KEPERAWATAN DALAM PENCEGAHAN DEHISCENCE LUKA OPERASI: LITERATURE REVIEW

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Pendahuluan : *Dehiscence* luka operasi merupakan salah satu komplikasi pasca operasi yang dapat menyebabkan keterlambatan penyembuhan luka, peningkatan risiko infeksi, perpanjangan lama rawat inap, hingga peningkatan biaya perawatan. Perawat memiliki peran penting dalam melakukan intervensi keperawatan untuk mencegah terjadinya dehiscence luka operasi melalui pendekatan berbasis evidence. **Tujuan :** Penelitian ini bertujuan untuk mengidentifikasi dan menganalisis efektivitas intervensi keperawatan dalam pencegahan dehiscence luka operasi berdasarkan bukti ilmiah terkini. **Metode :** Penelitian ini menggunakan metode *systematic literature review* dengan pendekatan PRISMA 2020. Artikel diperoleh melalui *database PubMed, ScienceDirect, Google Scholar, dan ProQuest* berdasarkan kriteria inklusi dan eksklusi yang telah ditetapkan. Penilaian kualitas artikel menggunakan Joanna Briggs Institute (JBI) *Critical Appraisal Tools*. Sebanyak 9 artikel yang memenuhi kriteria dianalisis dalam penelitian ini. **Hasil dan pembahasan :** Hasil *literature review* menunjukkan bahwa intervensi keperawatan yang efektif dalam pencegahan *dehiscence* luka operasi meliputi *wound care/dressing*, monitoring luka, *Negative Pressure Wound Therapy* (NPWT), manajemen nutrisi, *bundle care*, edukasi pasien, dan pencegahan infeksi. Intervensi yang paling konsisten efektif adalah *bundle care*, monitoring luka sistematis, dan penggunaan *dressing* modern dengan prinsip *moist wound healing*. Intervensi keperawatan berbasis *evidence* terbukti mampu menurunkan risiko komplikasi luka operasi dan mendukung proses penyembuhan luka secara optimal.

Kata kunci : *dehiscence* luka operasi, intervensi keperawatan, *wound care*, *bundle care*.

ABSTRACT

THE EFFECTIVENESS OF NURSING INTERVENTIONS IN PREVENTING SURGICAL WOUND DEHISCENCE: A LITERATURE REVIEW

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Introduction: Aspiration is one of the serious complications that often occurs in patients with impaired consciousness in the Emergency Department (ED) and can cause respiratory distress and even death. The recovery position or left lateral position has long been used as an initial action to prevent aspiration, but its effectiveness still needs to be scientifically studied through an evidence-based approach. **Objective:** This study aims to identify and analyze the latest scientific evidence regarding the effectiveness of the recovery position in preventing aspiration in patients with impaired consciousness in the ED. **Method:** The method used is a literature review by analyzing six scientific articles obtained from national and international databases through certain inclusion criteria. **Results and discussion:** The results of the study showed that the lateral position, including the recovery position, was consistently more effective than the supine position in reducing the risk of aspiration and maintaining airway patency. Several studies also reported additional benefits in the form of increased oxygen saturation and hemodynamic stability in patients with impaired consciousness. The recovery position is considered a simple, safe, and easy-to-implement intervention in the ED setting without the need for additional aids. Thus, the recovery position is worthy of being recommended in emergency nursing practice to improve patient safety from the early stages of treatment.

Keywords: Recovery position, aspiration, impaired consciousness, ER, lateral position.