

Case Study





Spiritual Benson Relaxation in Pre-Dialysis Chronic Kidney Failure Patients with Anxiety Problems: Case Study

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ARTICLE INFO	ABSTRACT
<p>Article History: Submit : Nov 23, 2022 Revised : Dec 1, 2022 Accepted : Dec 20, 2022</p> <p>Keywords: Spiritual, Benson Relaxation. Anxiety, Chronic Kidney Failure</p>	<p>Background: Chronic kidney failure patients say they are worried because they see the intervals flowing blood, costs incurred each time undergoing therapy, anxiety because invasive measures will be carried out, and uncertainty about recovery. This case study aims to carry out nursing care for patients with Pre-Dialysis Chronic Renal Failure Patients with anxiety nursing problems at Islamic Hospital Surabaya A.Yani.</p> <p>Methods: This type of research uses qualitative methods with a case study approach. The subjects were 1 Pre Dialysis Chronic Renal Failure patient with nursing problems for three interventions (1 time a day for 10-15 minutes) with data collection methods including assessment, determining diagnosis, making interventions, implementation, and evaluation.</p> <p>Results: Results of a case study of the Spiritual Application of Benson Relaxation in Pre-Dialysis Chronic Kidney Failure Patients at Rumah Sakit Islam Surabaya A.Yani with anxiety nursing problems three times. After carrying out nursing actions 3 x Pre-Hemodialysis Interventions in Chronic Kidney Failure patients, anxiety nursing problems can be resolved. Patients experience changes from initially having an Anxiety score of 78 (anxiety) to 40 (not anxious).</p> <p>Conclusion: Therapy Spiritual Benson Relaxation effectively reduces anxiety, so it can be used as an alternative to reduce anxiety in patients with chronic kidney failure and for room nurses to be able to implement independent actions by implementing quick response actions so that patients can achieve optimal action.</p>

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Introduction

Someone with a chronic disease is very susceptible to experiencing anxiety— one of the chronic diseases in patients with chronic kidney failure who undergo

hemodialysis therapy. Many things have changed in patients with chronic kidney failure, including managing their diet, exercising, controlling blood sugar, urea, and creatinine, and the use of kidney function replacement therapy (Mahyuvi &



Tukirahmawati, 2021). Many chronic kidney failure patients, both new and old patients, experience anxiety when they are about to undergo hemodialysis therapy. They also say that their heart feels palpitations, nausea, tremors, nervousness, inability to concentrate, and discomfort. With these signs, it can be seen that the patient has anxiety problems. In addition, patients with chronic kidney failure say they are anxious because they see the blood flowing through the tubes, medical expenses that must be incurred each time they undergo therapy, worry about invasive procedures, and uncertainty about recovery.

The incidence of patients with chronic kidney failure is 661,648 people worldwide, which is a global health threat. Basic Health Research Data from the Ministry of Health of the Republic of Indonesia in 2018 states that in Indonesia there are 9.8% of patients with chronic kidney failure experience anxiety. Study results (Larasati, 2018) in the Province of Central Java stated that there was a level of severe anxiety of 35.50% in patients with chronic kidney failure undergoing hemodialysis therapy. Research results (Anisah & Maliya, 2021) show that 48.6% of hemodialysis patients experience anxiety problems.

The psychological response felt by patients with chronic kidney failure undergoing hemodialysis can be seen in their physical condition and changes in behavior, including patients who always feel confused, insecure, dependent, and become passive individuals. Some patients undergoing dialysis therapy never return to activities or work as before they underwent hemodialysis. The problems that patients with chronic kidney failure often experience are loss of job, income, freedom, decreased life expectancy, and sexual function. It can cause anxiety due to

the disease they experience (Mahyuni, 2021)..

The results of the study (Alfikrie et al., 2020) state that new or old patients with chronic kidney failure are very prone to suffering from psychological disorders of anxiety and fear when undergoing hemodialysis. If patients who experience anxiety do not receive proper treatment, it can lead to irrational behavior, conflict, disobedience, fear, inability to carry out daily activities, and fear of death (Dewanti & Supratman, 2020).

Based on evidence-based practice (EBP), there are many ways we can do to reduce anxiety and anxiety in chronic kidney failure patients, one of which is Spiritual Benson Relaxation, which is a relaxation technique that can relax the mind and body through a process that will progressively release muscle tension in each body with a deep breath while saying in the heart motivational sentences, gratitude and self-surrender (Chung et al., 2010; Yulia et al., 2019).

Benson relaxation therapy is based on spirituality in the form of motivational sentences, thanksgiving and surrender, individual self-acceptance, and creating attention-focusing strategies to deal with cognitive problems and reactivate the power of thought to reduce emotional distress (Ismail et al., 2022). At the same time, the patient is doing Spiritual Benson Relaxation while silently saying motivation, gratitude, patience, sincerity, and resignation, making a strategy of focusing attention to deal with cognitive problems and reactivating the power of thought to reduce emotional distress so that anxiety can decrease. This study aimed to analyze How Spiritual Benson Relaxation in Pre-Dialysis Chronic Kidney Failure Patients with Anxiety at Islamic Hospital Surabaya A.Yani.

Methods

The research design used was a case study design. This case study is a study to explore the Spiritual Application of Benson Relaxation in Pre-Dialysis Chronic Kidney Failure Patients with Anxiety Nursing Problems at Islamic Hospital Surabaya A.Yani. Total Respondents 1 person. April 2022. Total meetings for two weeks, namely three meetings with 10-15 minutes in each meeting. Ethical Clearance with No.004.1/001/III/EC/KEP/LCBL/2022.

Results

When asked by the nurse about his current complaint, Mr. HR said that he was afraid and worried about his illness which until now has not healed. The patient has been undergoing routine Hemodialysis therapy for two years at the Rumah Sakit Islam Surabaya A.Yani. When filling in the anxiety score using the Zung Self-Rating Anxiety Scale (SAS/SRAS) questionnaire, the result was 78 with the criteria (severe anxiety). When asked, the patient did not understand chronic kidney failure in detail, causing anxiety to occur in the patient. In addition, the diseases suffered by patients often result in psychosocial problems, namely feelings of worry or anxiety (anxiety), body image disturbances, low self-esteem disorders, helplessness, and hopelessness (Mulia et al., 2017). Patients sentenced to suffer from chronic kidney failure are faced with the possibility of life little and prolonged physical and psychological suffering. According to the researchers, based on the data obtained from the study results, it was explained that the feeling of anxiety arises because the patient feels afraid and worried about his illness which will not go away, and he must undergo hemodialysis therapy throughout his life.

Discussion

Nursing Diagnosis

The results of the anamnesis and patient interviews when the assessment was carried out, the authors established the primary nursing diagnosis of anxiety (Anxiety) related to the current threat status. Nursing diagnoses that often occur in patients with chronic kidney failure include excess fluid volume, anxiety, pain, activity intolerance, less nutrition than body requirements, impaired skin integrity, and disturbed sleep patterns (Smeltzer & Bare, 2014).

The enforcement of this nursing diagnosis is based on the analysis of the data obtained by the author, namely subjective data where the patient says he is worried and afraid of his illness, stabbing during dialysis. The objective data obtained on the patient (Mr. HR) looks anxious and worried. The patient and family also do not understand in detail about chronic kidney disease. BP: 185/100 mmHg, N: 96x minutes, S: 36.7°C, RR: 20x/minutes, SpO2: 99%, Anxiety chord: 78 (severe anxiety), which is caused due to several things such as what he experienced because he saw the interval -the blood-flowing tube, the costs that must be incurred every time you undergo therapy, worry because you will be stabbed, and uncertainty in living life.

Intervention

The intervention given to Mr. HR is to measure the patient's vital signs, including blood pressure, temperature, pulse, and respiration. Identify when levels of anxiety or anxiety change (e.g., condition, time of day, stressor), identify decision-making skills, monitor signs of anxiety (verbal and non-verbal), create a therapeutic environment to foster confidence, use a calm and reassuring approach, motivate identify situations that trigger Anxiety,

discuss realistic planning of upcoming events and practice the Spiritual Benson Relaxation.

Based on the Indonesian Nursing Intervention Standards, for patients with anxiety nursing problems, the intervention given is anxiety reduction, namely identifying decision-making abilities, monitoring signs of anxiety (verbal and non-verbal), creating a therapeutic atmosphere to foster trust, using a calm and reassuring approach, identifying motivation situations that trigger anxiety, discuss realistic planning for upcoming events and practice relaxation therapy techniques (Tim Pokja SIKI DPP PPNI, 2018). Spiritual intervention Spiritual Benson Relaxation that has been carried out on patients has been carried out according to theory. Namely, teaching relaxation techniques using the Spiritual Benson Relaxation can help patients reduce anxiety or anxiety (Cherukuri et al., 2018). Spiritual Benson Relaxation must be carried out correctly following existing standard operating procedures. If this technique is carried out correctly, the reduction in anxiety levels can be fulfilled according to the expected outcome criteria.

Nursing Implementation

At the time of implementation, Mr. HR was given therapy according to the intervention, namely the provision of Benson Relaxation. Before implementing Spiritual therapy, Benson Relaxation had provided two sheets, namely an informed consent paper and a blank paper, to record the results of changes in the level of anxiety or anxiety felt by patients using the Zung Self-Rating Anxiety Scale (SAS/SRAS) questionnaire. In controlling the intervention given for one week with a total of 3 times for 15 minutes.

The results of the implementation of the Spiritual Benson Relaxation in patients

experienced a change from initially the patient having an Anxiety score of 78 (severe anxiety) to 40 (not anxious). This also calmed the patient and no longer worried about the illness he was suffering from. Application of implementation by providing education following the role of nurses by using leaflets in the form of material about the meaning of Chronic Kidney Failure, causes of Chronic Kidney Failure, signs or symptoms of Chronic Kidney Failure, the meaning of Benson Relaxation therapy benefits of Benson Relaxation, before and after being given therapy Spiritual Therapy The Benson Relaxation client will conduct an anxiety assessment and observe the patient's condition.

Based on the results of the research above proves that there is a change in the anxiety of patients with chronic kidney failure before and after being given Benson Relaxation. This is supported by research (Faruq et al., 2020) which states that there is a relaxing effect of benzene to reduce anxiety in hemodialysis patients—also supported by research (Hasanah & Inayati, 2021) which stated that patients with chronic kidney failure undergoing hemodialysis showed a significant decrease in anxiety levels after Benson's relaxation.

Spirituality is a way to minimize stress which acts as a positive psychological factor (free from stress and anxiety) through the functional limbic system, which can cause positive coping mechanisms (Wisnusakti, 2018). Spirituality can significantly assist patients in adapting to changes caused by chronic kidney disease. Spiritual intervention is believed to reduce stress optimally because it can be carried out independently, anytime, and anywhere and is inexpensive and non-toxic (Yusuf et al., 2020). The relationship between humans and the Creator is the first element of spirituality. Getting closer to God is a coping

strategy most often used by patients to deal with stress in chronic kidney failure patients.

The nurses in this study used it as a stimulus to reduce anxiety through the Spiritual Benson Relaxation. Spiritual Technique Benson Relaxation is a technique that is easy to do because the patient only needs to take a deep breath and then exhale accompanied by saying a word or sentence formula that the respondent believes (Islamic prayers) so that it can increase comfort and reduce stress levels. In addition, this technique can be done independently or guided by health workers and families. When a person feels anxious, the body's system will work extra by increasing the work of the sympathetic nerves in response to stress. After being given a spiritual-based Benson relaxation, it will inhibit the activity of the sympathetic nerves, which can reduce oxygen consumption by the body, and then the body's muscles relax so, which creates a feeling of calm and comfort (Otaghi et al., 2016).

Spiritual Benson Relaxation that is carried out will stimulate the brain area, namely the prefrontal cortex, which is the center of emotion regulation and judgment to instruct emotional reactions, which then the body will respond in a way that feels accepting and non-judgemental, while the hippocampus and amygdala in addition to areas for regulating emotions as well as areas of openness, blackout, and reinforcement that will provide instructions to be more open so that individuals can release themselves in awareness, refrain from internal reactivity and can increase self-acceptance to reduce stress, not only physically, psycho-socially healthy but also physically healthy. spiritual (Vijayanti, 2019). Humans respond to conditions that occur due to health problems and have coping mechanisms to adapt to

environmental changes, so individuals constantly interact using positive and negative coping (Ningsih et al., 2018). According to the researchers, during the Spiritual Benson Relaxation, patients with chronic kidney failure will feel calm, have increased levels and compassion for themselves, there is an attachment to spirituality, increased awareness of health and self-care, and surrender to God Almighty so that they patient's stress level decreases and even becomes not stressed or normal.

Evaluation

The last nursing evaluation was carried out after the third intervention. In this scientific paper, the author will discuss the evaluation of nursing actions for nursing interventions with anxiety problems in Mr. HR. Evaluation on day one by providing education about Benson Relaxation obtained an Anxiety score of 60 (moderate anxiety). Patients are advised to continue carrying out the same intervention by continuously doing Spiritual Benson Relaxation on the second day. During the evaluation on day 3, the Anxiety score dropped to 40 (not anxious). The results of monitoring vital signs obtained blood pressure data of 135/75 mmHg, a temperature of 36.6 degrees Celsius, a pulse of 78 x/min, and RR of 20 x/min. Nursing problems experienced by patients can be resolved with the result of a significant decrease in anxiety by carrying out nursing interventions in the form of implementing relaxation techniques and spiritual therapy distraction techniques Benson Relaxation on Mr.HR.

Evaluation is the final stage of the nursing process, a systematic and planned comparison between the observed results and the goals or outcome criteria set at the planning stage. Evaluation is carried out continuously by involving patients and

other health workers. According to the researchers, at the final evaluation, the patient experienced a significant decrease in anxiety levels from the second and third days.

Conclusion

Based on the results of the case study obtained from the application of Spiritual Benson Relaxation to Mr. HR with anxiety nursing problems, it can be concluded: The assessment uses B1-B6, and Anxiety measurements use the SAS / SRAS Score. Priority nursing diagnoses that appear in Mr. HR, namely anxiety. Intervention is given to address anxiety nursing problems by observing, therapeutic, educational, and applying Spiritual Benson Relaxation. The implementation was carried out in Chronic Kidney Failure patients undergoing hemodialysis by applying Benson Relaxation, which was given for 15 minutes in one meeting. Meetings given to clients are two weeks, three meetings. Therapy Benson Relaxation anxiety assessment and observation of the patient's general condition were carried out. For three meetings, spiritual therapy was carried out by Benson Relaxation on the client, and there was a significant decrease in anxiety, from a score of 78 down to 40.

Authors Contributions

The author carries out tasks from data collection, data analysis, making discussions to making manuscripts

Conflicts of Interest

All research teams agree with the final results of this study, and there is no conflict of interest in this study.

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