

BAB 5

KESIMPULAN DAN SARAN

5.1 Kesimpulan

Konsep diri pasien infeksi ulang covid 19 menyebutkan kekhawatiran yang muncul terhadap semua tingkat usia maupun jenis kelamin dan upaya berbasis budaya dilakukan terutama minuman herbal. Terkait perubahan citra tubuh tidak menimbulkan kekhawatiran bermakna karena sebatas peningkatan dan penurunan berat badan. Harga diri rendah muncul akibat infeksi ulang namun mereka berharap positif untuk ke depannya. Pasien menggunakan adaptasi fisik,psiko dan spiritual dalam upaya penyembuhan infeksi ulang covidnya.

5.2 Saran

5.2.1 Bagi Pasien

Pasien sebaiknya tetap berusaha melakukan pola hidup sehat dengan memperbanyak istirahat, makan makanan yang bergizi, melakukan olahraga, tetap berpikir positif dan melaksanakan protokol kesehatan dengan baik selama menjalani isolasi mandiri. Selain itu bagi pasien diharapkan dapat menjalin komunikasi yang baik dengan para perawat dan tim medis lainnya, sehingga melalui informasi yang akurat diberikan dapat menerima asuhan keperawatan yang optimal dari para tim medis khususnya bagi perawat serta mencari informasi tentang Covid-19 pada sumber yang benar dan terpercaya.

1.2.2 Bagi Perawat

Para perawat lebih meningkatkan pengetahuan tentang Covid-19 khususnya kasus infeksi berulang Covid-19, sehingga lebih dapat mengidentifikasi tanda dan gejala seseorang terdiagnosis penyakit infeksi berulang Covid-19. Para perawat lebih mempertajam rasa empati terhadap pasien infeksi berulang Covid-19 dan asuhan keperawatan dalam memenuhi kebutuhannya secara bio-psiko-sosial-dan spiritual pasien. perawat memerlukan pengetahuan dengan mengadopsi *evidence-based practice* yang sesuai, aplikasi teori keperawatan yang menunjang kehidupan pasien infeksi berulang Covid-19. Perawat

proaktif dalam melakukan pendidikan dan konseling baik secara langsung dan telenursing terutama mengenai pencegahan penularan penyakit, gaya hidup, seperti kebutuhan nutrisi yang cukup, latihan fisik, kebutuhan istirahat dan kepatuhan meminum obat.

5.2.3 Bagi pelayanan kesehatan

Rumah Sakit dan Puskesmas serta penyedia layanan kesehatan memberikan kesempatan bagi para perawat, bidan dan tenaga medis lainnya mengikuti seminar dan pelatihan-pelatihan guna meningkatkan mutu asuhan pelayanan kesehatan dengan demikian diharapkan para tim medis dapat lebih meningkatkan pengetahuan meliputi *isu and trend* tentang Covid-19.

5.2.4 Bagi penelitian selanjutnya

Penelitian selanjutnya hendaknya melakukan penelitian secara kualitatif dengan *Focus Grup Discussion* (FGD) mengenai konsep diri dan adaptasi pasien terinfeksi ulang Covid-19 ketiga kali yang telah mendapatkan vaksinasi booster di wilayah kerja 2 puskesmas atau populasi lainnya yang relevan, sehingga dapat menemukan pemecahan masalah kesehatan lainnya tentang Covid.

5.2.5 Bagi pemerintah

Pemerintah diharapkan dapat memberikan kemudahan kepada pasien yang terkonfirmasi Covid-19 dengan memberikan pengobatan, dan peningkatan pemantauan terhadap pasien pasien yang tengah melakukan isolasi mandiri dirumah.

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