

IMPLEMENTATION OF NURSING INTERVENTION FOR MILD HEAD INJURY PATIENTS

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ABSTRACT

Background: Head injuries are one of the most common causes of disability and death in adults. A head injury is a broad term that describes a vast array of injuries that occur to the scalp, skull, brain, and underlying tissue and blood vessels in the head. The injury can be as mild as a bump, bruise (contusion), or cut on the head, or can be moderate to severe in nature due to a concussion, deep cut or open wound, fractured skull bone(s), or from internal bleeding and damage to the brain. This study aimed to describe the implementation of nursing intervention for mild head injury patients.

Subjects and Method: This was a qualitative study with a phenomenological approach. It was conducted at the West Kalimantan Provincial Hospital for 2 weeks from 1 to 12 March, 2022. A total of 4 key informants were interviewed in this study, consisting of nurses who worked in the surgical treatment room, and patient's family. The dependent variable was the mild head injury patient. The independent variable was nursing intervention. The data were collected by interview, direct observation, and analyzed by content analysis.

Results: This study identified several themes: (1) Preventing an increase in intracranial pressure (ICP) by providing a semi-Fowler sleeping position; (2) Minimizing stimulus by providing a quiet patient environment during hospitalization in collaboration with the patient's family. The primary intervention in patients with mild head injury was ICP prevention, by monitoring consciousness, blood pressure, pulse, breathing pattern, dizziness, nausea, and projectile vomiting.

Conclusion: ICP prevention is top priority for nurses in providing effective intervention for patients with minor head injuries.

Keywords: intervention, minor head injury, nurse.

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