

ABSTRAK

Rumah Sakit Paru Respira merupakan salah satu sarana pelayanan umum kesehatan yang didirikan khusus untuk menangani masalah kesehatan paru. Unit rawat inap RS Paru Respira memiliki tiga bangsal yaitu Bangsal Nakula, Bangsal Yudistira dan Bangsal Sadewa. Setiap bangsal memiliki karakteristiknya masing-masing dan juga kapasitas pasien yang berbeda-beda, sesuai jumlah tempat tidur yang disediakan. Berdasarkan perbedaan karakteristik tersebut dan juga banyaknya aktivitas yang dilakukan, seharusnya perawat yang bertugas pada masing-masing bangsal berbeda pada setiap shiftnya. Sehingga diperlukan penelitian untuk mengukur beban kerja yang sebenarnya dialami oleh perawat di rumah sakit, yang kemudian digunakan untuk menentukan alokasi perawat yang sesuai.

Penelitian yang dilakukan merupakan penelitian deskriptif kuantitatif dengan menggunakan metode pengamatan *work sampling*. Artinya semua kegiatan yang dilakukan oleh perawat di ruang rawat inap masing-masing bangsal akan diamati setiap 5 (lima) menit selama tujuh hari. Hasil pengamatan di kelompokkan menjadi kegiatan produktif dan kegiatan non produktif. Penelitian ini bertujuan dalam menentukan jumlah kebutuhan perawat di ruang rawat inap RS Paru Respira Bantul, Yogyakarta.

Hasil penelitian diperoleh beban kerja produktif perawat di Bangsal Yudistira 79,26% *shift* pagi, 73,54% *shift* siang, dan 56,28% *shift* malam. Artinya beban kerja pada Bangsal Yudistira tergolong sedang. Beban kerja produktif pada Bangsal Nakula diperoleh 87,22% *shift* pagi, 83,85% *shift* siang, dan 73,58% *shift* malam. Artinya beban kerja pada Bangsal Yudistira tergolong tinggi karena beban kerja lebih dari 80%. Beban kerja produktif pada Bangsal Sadewa diperoleh 60,57% *shift* pagi, 67,4% *shift* siang, dan 53,47% *shift* malam. Artinya beban kerja pada Bangsal Yudistira tergolong sedang karena beban kerja berada diantara 60% - 80%. Hasil beban kerja tersebut berdampak pada jumlah pengalokasian perawat. Berdasarkan hasil perhitungan tenaga perawat dengan menggunakan formula Ilyas didapatkan adanya kekurangan pada Bangsal Nakula yaitu sebanyak 4 (empat) perawat.

Kata kunci: beban kerja produktif, beban kerja produktif, rumah sakit, pelayanan rawat inap, penentuan jumlah perawat.

ABSTRACT

Respira Lung Hospital is one of the public health service facilities established specifically to deal with lung health problems. The inpatient unit of Respira Lung Hospital has three wards namely Nakula Ward, Yudistira Ward and Sadewa Ward. Each ward has its own characteristics and also different patient capacities, according to the number of beds provided. Based on the differences in these characteristics and also the number of activities carried out, the nurses on duty in each ward should be different in each shift. So that research is needed to measure the actual workload experienced by nurses in the hospital, which is then used to determine the appropriate nurse allocation.

The research conducted was descriptive quantitative research using the work sampling observation method. This means that all activities carried out by nurses in the inpatient rooms of each ward will be observed every 5 (five) minutes for seven days. The results of observations are grouped into productive activities and non-productive activities. This study aims to determine the number of nurses needed in the inpatient room of Respira Lung Hospital Bantul, Yogyakarta.

The results obtained productive workload of nurses in Yudistira Ward 79.26% morning shift, 73.54% afternoon shift, and 56.28% night shift. This means that the workload in Yudistira Ward is classified as moderate. Productive workload in Nakula Ward is 87.22% of morning shift, 83.85% of afternoon shift, and 73.58% of night shift. This means that the workload in Yudistira Ward is high because the workload is more than 80%. Productive workload in Sadewa Ward is obtained 60.57% morning shift, 67.4% afternoon shift, and 53.47% night shift. This means that the workload in Yudistira Ward is classified as moderate because the workload is between 60% - 80%. The results of the workload have an impact on the number of nurse allocations. Based on the results of the calculation of nursing staff using the Ilyas formula, it was found that there was a shortage in Nakula Ward, namely as many as 4 (four) nurses.

Keywords: productive workload, productive workload, hospital, inpatient services, determination of the number of nurses.