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Buku Referensi

Manfaat Air Madji

Terhadap Mual dan Muntah
Pascaoperasi



Ns. Sandra, M.Kep., Sp.Kep., M.B.

MANFAAT AIR NAQI' TERHADAP MUAL DAN MUNTAH PASCAOPERASI

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KATA PENGANTAR

Puji syukur kehadiran Allah Tabaraka Ta'ala atas limpahan Kasih Sayang-Nya, penyusunan "Buku Referensi tentang Manfaat Air Naqi' Terhadap Mual dan Muntah PascaOperasi" dapat diselesaikan guna memberikan informasi kepada masyarakat sebagai pasien sesuai dengan kondisi yang akan dialami setelah pembedahan, juga khusus kepada Perawat Medikal Bedah sebagai pemberi Asuhan Keperawatan yang komprehensif, berkelanjutan dan profesional, sebagai pengajar maupun peneliti.

Mual dan muntah pascaoperasi, merupakan masalah umum yang dapat terjadi pada pasien, dan berdampak besar bagi pemulihan dalam perawatan perioperatif. Mual dan muntah yang belum maksimal ditangani, akan memperpanjang lama hari rawat dan menambah biaya pengobatan, sehingga berdampak pada stressor pasien dan meningkatkan gangguan rasa aman dan nyaman. Dalam hal ini, penulis perlu memberikan informasi yang tepat dan mudah dipahami tentang keluhan mual muntah setelah operasi dan bagaimana air naqi' dapat menurunkannya, berdasarkan penelitian yang telah dilakukan oleh penulis. Buku referensi ini, meliputi informasi umum tentang mual muntah pascaoperasi, bagaimana bisa terjadi dan bagaimana pemanfaatan air naqi' sebagai terapi komplementer produk tradisional dan cara membuatnya sendiri di rumah yang dapat menurunkan mual muntah pascaoperasi.

Kepada semua pihak pendukung dalam penyusunan buku referensi ini, penulis sampaikan terima kasih atas kontribusi yang telah diberikan. Semoga Allah Tabaraka Ta'ala membalas segala kebaikan dan buku ini dapat memberikan manfaat bagi perkembangan ilmu dan praktik keperawatan, khususnya Keperawatan Medikal Bedah di masa yang akan datang, serta dapat meningkatkan pengetahuan masyarakat dalam menggunakan Air Naqi' secara benar sesuai kebutuhan tepat guna.

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Penulis

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BIOGRAFI PENULIS



Sandra adalah nama penulisnya. Ibu dari 4 orang anak, yang sudah memulai karirnya sebagai perawat di Rumah Sakit sejak tahun 1998 sampai sekarang. Ia telah memiliki pengalaman bekerja di pelayanan keperawatan, selama kurang lebih 15 tahun di 5 Rumah Sakit Pekanbaru, diantaranya pernah menjadi Staf Pelaksana, Penanggung Jawab Tim, Kepala Ruang Penyakit Dalam, Ruang Bedah dan Ruang VVIP, Supervisor, Kepala Sub Bagian, Instruktur Klinik dan terakhir Kepala Bidang Keperawatan.

Tertarik masuk dunia Keperawatan sejak tamat SMA, di SMA Negeri 27 Jakarta. Selama menjadi mahasiswa Keperawatan, ia mendapatkan peringkat Cumlaude Sempurna atau Summa Cumlaude pada jenjang pendidikan Ners di Universitas Riau dan Pendidikan Spesialis di Universitas Indonesia.

Menulis buku ilmiah yang menggunakan namanya sendiri dan diterbitkan penerbit, baru ini pengalaman pertamanya. Sedangkan karya penelitian lainnya yang sudah dimuat pada jurnal Nasional Terakreditasi, diantaranya Gambaran Stres Pada Pasien Gagal Ginjal Terminal Yang Menjalani Terapi Hemodialisa di Rumah Sakit Umum Daerah Arifin Achmad Pekanbaru (2012), *Application of*

Listening to Vaghe'a Surah and Its Translation on The State and Trait Anxiety Before Elective Digestive Surgeries (2020) dan Studi Kasus Gangguan Mobilitas Fisik Pasien Stroke Iskemik dengan Hemiparesis setelah Diberikan Stimulasi Sikat Sensori (2021).

Penelitian yang Ia lakukan pada jenjang Magister Keperawatan di Universitas Indonesia, menjadi penelitian pertama di Indonesia bahkan di dunia Internasional tentang Pengaruh Pemberian Air Naqi' Terhadap Mual dan Muntah Post Operasi pada Pasien Elektif Bedah Digestif (2019). Kini Ia bekerja di Univesitas Hang Tuah Pekanbaru sebagai Dosen dan sebagai preseptor mentorship mahasiswa serta berkesempatan menjadi konsultan keperawatan bedah digestif di Rumah Sakit. Penulis berharap dapat menginspirasi pembaca melalui buku referensi ini dan dengan kalimat andalannya yaitu, "Jika sudah memulai, maka akhirilah dengan semaksimal mungkin dari yang bisa dirimu kerjakan dengan maksimal."