



MOTIVATION OF NURSES IN PROVIDING FIRST AID TO PATIENTS EXPERIENCING CARDIAC ARREST

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ABSTRACT

Introduction: Cardiac arrest is often found in patients in the inpatient room of Ibnu Sina Hospital, Gresik. Nurses as the first responders who find cardiac arrest in the treatment room must have high work motivation to provide first aid to patients before the code blue team arrives. The purpose of this study was to obtain a description of the work motivation of nurses in providing first aid to patients experiencing cardiac arrest in the inpatient room of Ibnu Sina Hospital, Gresik. **Methods:** This study used quantitative research with a descriptive approach. The sample of this study was some of the nurses in the inpatient room of Ibnu Sina Hospital, Gresik, which was taken using a purposive sampling technique of 55 respondents who had met the inclusion and exclusion criteria. The data collection instrument used a questionnaire. The data was processed using SPSS v.25 for frequency and percentage. **Results:** The results showed that most respondents had good work motivation, with 53 respondents (96.4%) providing first aid to patients experiencing cardiac arrest. **Conclusions:** Nurses are expected to maintain work motivation in providing first aid to patients experiencing cardiac arrest, especially in inpatient rooms, through good collaboration between teams, always receiving positive support in the form of recognition of achievements from colleagues, and increasing periodic certification training related to handling cardiac arrest patients because patient safety is the main priority.

INTRODUCTION

Cardiac arrest events are often found in the inpatient ward of RSUD Ibnu Sina Gresik. Based on observations over a week in October 2023 in the inpatient ward of RSUD Ibnu Sina Gresik, it was found that almost every day there were patients with cardiac arrest. Some nurses still believe that providing first aid to a patient in cardiac arrest is pointless because the patient will ultimately die anyway. The facts show that providing quick and accurate first aid to a cardiac arrest patient still offers a chance to save the patient's condition (Rosdiana et al., 2021). Nurses, as the first responders who encounter cardiac arrest incidents in the care unit, must have a high work motivation to provide first aid to patients before the code blue team arrives (Victoria et al., 2022).

According to data from the World Health Organization (2022), approximately 17.9 million deaths are attributed to cardiovascular diseases, with heart failure being the primary cause of cardiac arrest events in 85% of patients. The

prevalence of death due to cardiac arrest is 75% in low to middle-income countries and is often found in the population aged under 70 years (Restiani et al., 2023). The results of the Basic Health Research (2018) show that the prevalence of cardiovascular diseases in Indonesia continues to increase each year. About 15 out of every 1,000 people, or approximately 2,784,064 individuals in Indonesia, are reported to suffer from heart disease that can lead to cardiac arrest. This has increased compared to 2013 by 0.13%. The highest number of cases in Indonesia is found in West Java Province, with 186,809 people, while the province with the fewest cases is North Kalimantan, with 2,733 people. Meanwhile, the prevalence of heart disease in East Java Province is 8% or about 71,000 sufferers. The cases of heart disease are found more in women at 1.6% compared to men at 1.3% (Febby et al., 2023).

The factors causing cardiac arrest in hospitals are very diverse, including coronary

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heart disease (CHD), cardiomyopathy, and also as a result of arrhythmia syndrome (Nugroho & Muhammad, 2022). Work motivation regarding first aid in cases of cardiac arrest is very important for every nurse to possess. The causes of low motivation among nurses in providing first aid include factors such as work fatigue, work stress, workload, lack of resources, time pressure, increasingly critical patient conditions, and other environmental factors (Manyisa & Aswegen, 2017). If nurses have low work motivation in providing first aid to patients in cardiac arrest, it will result in suboptimal performance, which can endanger patients and potentially lead to death (Vanchapo, 2021). This must be done immediately because the patient has a golden period to be saved. If first aid is delayed by just 4 minutes, the chances of success are only 50% (Aditioningsih, 2022).

Efforts to provide first aid to patients experiencing cardiac arrest must be carried out quickly and accurately, as failure to address the situation promptly can lead to death, referred to as brain death or permanent death (Anggraini, 2022). Therefore, it is important for nurses to have good work motivation in providing basic life support (BLS) to patients in cardiac arrest in the care unit. The purpose of this research is to describe the work motivation of nurses in providing first aid to patients experiencing cardiac arrest.

MATERIALS AND METHODS

This type of research uses quantitative research with a descriptive approach. This research was conducted in the inpatient wards of

RSUD Ibnu Sina Gresik, which include the Cempaka, Edelweiss, Gardena, Heliconia, Ixia, and Mawar rooms, from March to May 2024. The population in this study consists of all the implementing nurses in the inpatient ward of RSUD Ibnu Sina Gresik. The sample taken includes a portion of the implementing nurses in the inpatient ward of RSUD Ibnu Sina Gresik, using purposive sampling, totaling 55 respondents who have met the inclusion and exclusion criteria. The research variable used is a single variable, namely the work motivation of nurses in providing first aid. The data collection instrument uses a questionnaire divided into two parts: a demographic data questionnaire and a work motivation questionnaire, which has been modified from the research questionnaire "The Relationship Between Basic Life Support Knowledge and Student Motivation in Assisting Cardiac Arrest Patients Among Third-Year Nursing Students at Stikes Santa Elisabeth Medan," conducted by Barus in 2017. The questionnaire in this study uses a Likert scale with 18 statements that include both positive and negative assertions, which have undergone validity and reliability testing on 30 respondents, yielding valid results (r table = 0.361), specifically ranging from 0.372 to 0.833. The reliability result obtained is a Cronbach's alpha of 0.912. Data analysis in the form of frequency and percentage using distribution tables. This research has been declared ethically acceptable by the Health Research Ethics Committee of the Ibnu Sina General Hospital in Gresik Regency with the number: 071/013/437.76/2024.

RESULTS

The research results in Table 1 show that the characteristics of the respondents are mostly aged 26-35 years, with 40 respondents (72.7%), and predominantly female, also with 40 respondents (72.7%). Furthermore, based on educational level, nearly all respondents are graduates of a diploma program (D3), totaling 43 respondents (78.2%). Additionally, it can be observed that the majority of respondents have work experience ranging from 5 to 10 years, comprising 29 respondents (52.7%). In terms of employment status, most are classified as BLUD employees, totaling 32 respondents (58.2%), and a significant number of respondents have also participated in BTCLS training, amounting to 38 respondents (69.1%).

Table 1. Characteristics respondents based on age, gender, education, long working hours, and history of training in the Inpatient Ward of RSUD Ibnu Sina Gresik 2024 (n=55)

Characteristics	Category	Frequency (f)	Percentage (%)
Age (Years Old)	17-25	3	5.5
	26-35	40	72.7
	36-45	9	16.3
	46-55	3	5.5
	Total	50	100
Gender	Male	15	27.3
	Female	40	72.7
	Total	50	100
Education	D3	43	78.2
	S1	1	1.8

	Profesi Ners	11	20
	Total	50	100
Long working hours (years)	< 5	14	25.5
	5-10	29	52.7
	> 10	12	21.8
	Total	50	100
Employee status	PNS	20	36.3
	PPPK	3	5.5
	BLUD	32	58.2
	Total	50	100
History of training	BTCLS	38	69.1
	PPGD	16	29.1
	GELS	1	1.8
	Total	55	100

Table 1 shows that almost all respondents, as many as 40 people, are in the age category of 26-35 years (72.7%) and are dominated by women, as many as 40 people (72.7%). Almost all respondents have a diploma education, as many as 43 people (78.27). The length of time respondents have worked is 29 people (52.75) within 5-10 years, employment status in the BLUD category is 32 people (58.2%), and there are 38 people (69.1%) with BTCLS training.

Table 2. Distribution of the Description of Work Motivation Levels of Implementing Nurses in Providing First Aid to Patients Experiencing Cardiac Arrest in the Inpatient Room of RSUD Ibnu Sina Gresik 2024 (n=55)

Category	Frequency (f)	Percentage (%)
Good	53	96.4
Sufficient	2	3.6
Total	55	100

Table 2 shows the results indicating that almost all implementing nurses have a work motivation in providing first aid to patients experiencing cardiac arrest in the inpatient ward of RSUD Ibnu Sina Gresik, with 53 (96.4%) categorized as having good work motivation and only a very small number falling into the sufficient category at 2 (3.6%).

DISCUSSION

Patient Factors

Patient Factors Based On Age

Based on the research findings, shows that the majority of the work motivation level of implementing nurses in providing first aid to patients experiencing cardiac arrest in the inpatient ward of RSUD Ibnu Sina Gresik is categorized as good. These findings are consistent with previous research conducted by Hidayat et al. (2022), which indicated that most of the work motivation of implementing nurses in the inpatient ward of RSUD Kota Mataram falls into the good category. The good motivation level in this study is attributed to the fact that most of the implementing nurses working there have 5-10 years of experience and are already permanent employees. The length of work experience triggers the development of nurses' knowledge due to the variety of patient cases in emergency conditions encountered over the years, allowing nurses to perform actions more easily because they are already experienced (Suwaryo et al., 2019). Experience is a source of knowledge and professional skills used to develop the ability to make decisions (Victoria et al., 2022).

In this study, the majority of factors influencing nurses' work motivation in providing first aid to cardiac arrest patients are extrinsic factors. This is in line with previous research conducted by Lestari & Juliana (2019), which showed that the dominant motivation factors possessed by nurses in the inpatient ward of RSUD Deli Serdang Lubuk Pakam indicate that extrinsic motivation factors are greater than intrinsic motivation factors. In this study, it can be proven that the scores obtained by the majority of nurses received the highest score, which is a score of 5, falling under the extrinsic factor. This is because everyone has the desire to help others, even in the face of external influences (Thoyyibah, 2014). In addition, most of them have also received BTCLS training. The history of training can also influence a person's ability to take action, which will spark motivation to provide assistance as soon as possible. The BTCLS training is one of the efforts to enhance work motivation, as nurses have gained knowledge and skills in providing nursing care in emergency situations (Maryati et al., 2020).

Based on the research data, the highest scores most frequently answered by respondents fall under the indicator of the characteristics of

involved individuals. The research findings align with the study by Hidayat et al. (2022), which indicates that the majority of nurses have the highest values in the indicator of the characteristics of involved individuals. This is because the majority of inpatient nurses are aged 26-35, which falls into the early adulthood category, a stage that is considered a productive working age. As a result, nurses have a high motivation as part of their learning process. The learning process can provide knowledge for nurses, so the more someone studies or learns about something, the more motivated they will be to behave according to what they have learned (Yunus & Damanansyah, 2021). The greater the desire and willingness of nurses to learn the fundamentals of handling cardiac arrest patients, the more motivated they will be to perform first aid in emergency situations (Setyaningrum & Rejcky, 2020).

CONCLUSIONS

Based on the research findings, it can be concluded that the work motivation of nurses in providing first aid to patients experiencing cardiac arrest in the inpatient ward of RSUD Ibnu Sina Gresik is at a good level of work motivation. Nurses are expected to maintain their work motivation in providing first aid to patients experiencing cardiac arrest, especially in inpatient wards. This research can also serve as a basis for hospitals to continue offering training to all nurses and to provide rewards for those who excel. This research is expected to serve as a reference for future studies, and the researcher hopes that subsequent research can investigate the relationship between work motivation and the attitudes of nurses in providing first aid to patients experiencing cardiac arrest in inpatient wards.

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