

ABSTRAK

Gambaran Tingkat Kecemasan Pasien Sindrom Koroner Akut (SKA) dengan *Pre-Percutaneous Coronary Intervention* (PCI) di IGD RSUP Prof. dr. I.G.N.G. Ngoerah

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Pasien Sindrom Koroner Akut (SKA) yang akan menjalani *Percutaneous Coronary Intervention* (PCI) sering mengalami kecemasan akibat ketidakpastian terhadap prosedur dan hasil tindakan. Kecemasan yang tidak ditangani dapat memengaruhi kondisi fisik maupun psikologis pasien. Penelitian ini menggunakan desain deskriptif kuantitatif dengan pendekatan *cross-sectional*. Sampel berjumlah 55 pasien pre-PCI di IGD RSUP Prof. dr. I.G.N.G. Ngoerah yang dipilih menggunakan teknik *consecutive sampling*. Tingkat kecemasan diukur menggunakan instrumen *Amsterdam Preoperative Anxiety and Information Scale* (APAIS) dan dianalisis secara univariat. Mayoritas responden berusia 56–65 tahun (40%), berjenis kelamin laki-laki (89,1%), berpendidikan SMA (41,8%), dan belum pernah menjalani PCI sebelumnya (94,5%). Tingkat kecemasan didominasi kategori sedang sebanyak 34 responden (61,8%), diikuti kecemasan berat 11 responden (20,0%), kecemasan berat sekali/panik 6 responden (10,9%), dan kecemasan ringan 4 responden (7,3%). Sebagian besar pasien pre-PCI mengalami kecemasan sedang sebelum tindakan. Berdasarkan hasil penelitian ini, maka perawat perlu melakukan skrining kecemasan serta pemberian edukasi dan intervensi keperawatan sebelum PCI untuk meningkatkan kesiapan pasien dan membantu menurunkan kecemasan.

Kata Kunci: Kecemasan, *Percutaneous Coronary Intervention*, Sindrom Koroner Akut (SKA)

ABSTRACT

Overview of Anxiety Levels in Patients with Acute Coronary Syndrome (ACS) Prior to Percutaneous Coronary Intervention (PCI) at the Emergency Department of Prof. Dr. I.G.N.G. Ngoerah General Hospital

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Patients with Acute Coronary Syndrome (ACS) who are scheduled to undergo Percutaneous Coronary Intervention (PCI) often experience anxiety due to uncertainty regarding the procedure and its outcomes. Untreated anxiety may adversely affect both the patient's physical and psychological condition. This study employed a descriptive quantitative design with a cross-sectional approach. A total of 55 pre-PCI patients in the Emergency Department of Prof. Dr. I.G.N.G. Ngoerah General Hospital were recruited using consecutive sampling. Anxiety levels were measured using the Amsterdam Preoperative Anxiety and Information Scale (APAIS) and analyzed using univariate analysis. Most respondents were aged 56–65 years (40%), male (89.1%), had completed senior high school education (41.8%), and had no previous history of PCI (94.5%). The majority of patients experienced moderate anxiety (61.8%), followed by severe anxiety (20.0%), very severe anxiety/panic (10.9%), and mild anxiety (7.3%). Most pre-PCI patients experienced moderate anxiety before undergoing the procedure. Based on the findings of this study, nurse should conduct anxiety screening and provide education and appropriate nursing interventions before PCI to enhance patient preparedness and help reduce anxiety.

Keywords: Anxiety, Percutaneous Coronary Intervention, Acute Coronary Syndrome (ACS).