

## **CHAPTER 5**

### **CONCLUSION AND SUGGESTION**

#### **5.1 Conclusions**

- 5.1.1 The diagnoses that arise in this case study are 4 diagnoses, include ineffective breathing patterns related to hyperventilation syndrome, damage to skin integrity related to impaired excretion (ureum & creatinine) and impaired glucose metabolism (diabetes mellitus), and for the leading diagnoses in this case study is anxiety related to threats to the current status and discomfort associated with symptoms of the disease (chronic: diabetes mellitus/chronic kidney failure)
- 5.1.2 The leading intervention planned in this case study is aimed at reducing the level of anxiety in the client by doing the Benson relaxation technique.
- 5.1.3 The implementation of this leading intervention is carried out for 4 days with a duration of giving Benson relaxation technique of 30 minutes and is carried out when feeling anxious. In addition, an assessment of the level of anxiety was also carried out before and after the Benson relaxation technique and measurement of vital signs and evaluation of the client's response were also carried out.
- 5.1.4 Evaluation of the results obtained after Benson relaxation for 4 days the leading intervention was decreased the client's anxiety. In addition, the client also understands and is able to carry out the Benson relaxation technique independently.
- 5.1.5 Results of nursing care application of Benson relaxation for Mrs. S proved to be very effective in reducing anxiety levels in client with CKD, especially on Mrs. S.

## **5.2 Suggestions**

### **5.2.1 For the Nursing Profession**

The results of this case study are expected as a reference for nurses in hospital to provide holistic nursing care by applying Benson relaxation in reducing anxiety levels in clients undergoing treatment in inpatient rooms or outpatient installations in general and in clients suffering from CKD stage V newly diagnosed in particular. In addition, this results are expected for a motivation to increase knowledge in the implementation of providing holistic nursing care to clients with anxiety, especially in clients with stage V CKD disease newly diagnosed with comprehensive and holistic nursing care not only focusing on physiological problems, but also on psychological problems. On the other hand, this research can contribute to the development of nurses' professionalism in providing medical surgical nursing care as a form of non-pharmacological management application in clients with anxiety.

### **5.2.2 For the Patient and Family**

This research is expected to be used as a source of information and reference for patients and their families to help reduce anxiety levels independently, and this study can be applied to increase the feeling of relaxation in clients undergoing treatment in an inpatient or outpatient installation room in general and in clients suffering from CKD stage V newly diagnosed in particular.

### **5.2.3 For the Researcher and Future Researcher**

This research is expected used as evidence based nursing in carrying out nursing actions, especially for clients with anxiety with adding insight on how to reduce anxiety levels by doing the Benson relaxation technique on clients with a medical diagnosis of CKD so that it can increase the author's knowledge, and can also be used as reference

material for future researcher. In addition, for the future researcher, this evidence based for the benson relaxation can be used for the other nursing problem such as, pain, insomnia, and hypertension.

#### 5.2.4 For the Institution

This research is expected to improve clinical ability to provide comprehensive medical surgical nursing care for client with stage V CKD disease newly diagnosed in terms of decreasing anxiety levels. This research is expected to provide nursing care with a holistic approach (bio-psycho-socio-spiritual) and determine tips in improving quality medical surgical nursing care, especially for clients who experience anxiety due to their illness. As a suggestion, it is hoped that nursing institutions can further deepen discussions in the academic field regarding psychological aspect/problem in the nursing care and how to resolve it by the evidence based, so that students who will become professional nurses are able to understand the importance of holistic nursing care for the patients and be able to apply nursing care, especially in terms of bio-psycho-socio-spiritual aspects in medical surgical nursing.