Phenomenological Study Nurses Experiences in Performing Neonate Resuscitation in the Emergency Department of Hospital

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Abstract

Neonate resuscitation is an effort to provide oxygen to the brain, heart, and other vital organs through an action that includes heart massage and ensuring adequate ventilation in neonates, this action is carried out for neonates who experience asphyxia. This study contributed to exploring the Pangelinan of nurses in depth in performing neonate resuscitation in the hospital's emergency room. This research used a qualitative design, with a phenomenological method approach. The sample of this study was 6 respondents using a purposive sampling technique. The data collection process was carried out through in-depth interviews and data analysis using the process of coding, categorization, and theme formation. The results of the study obtained 5 themes, namely: (1) nurses understand the purpose of resuscitation and the way/procedure of performing neonate resuscitation, (2) teamwork is needed in performing neonate resuscitation, (3) nurses in performing resuscitation need a sense of empathy, (4) high confidence is needed in performing neonate resuscitation, (5) nurses are grateful for God's role in performing resuscitation. It is expected that nurses can hone the ability to perform resuscitation not only from frequent actions, but can also be obtained from the addition of special training in neonate resuscitation.

Keywords: Experience; Nurse; Neonate Resuscitation

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1. Introduction

Sibuea et al. (2022), state that Indonesia's public health indicators are the maternal mortality rate (MMR) and infant mortality rate (IMR). In the Indonesian Health Profile report in 2021, the cause of death in LBW was low birth weight (LBW) at 34.5 percent, asphyxia at 27.8 percent, and other causes of death including congenital abnormalities, Covid 19 infection, neonatal tetanus, and other. Neonate resuscitation is a procedure performed on infants who cannot breathe spontaneously and steadily at birth or some time after. The most important aspects are the assessment of the infant, the determination of the action to be taken, and finally the implementation of the resuscitation action. The assessment to perform resuscitation is determined by three important signs: breathing, heart rate, and skin color (Murniati et al., 2021). Making Pregnancy Safer (MPS) publication, one of the factors that greatly influences the occurrence of infant mortality is the skills and abilities of obstetricians, medical personnel must accompany every delivery in this case trained nurses. Nurses

are in charge of making decisions about maximum resuscitation of LBW who need resuscitation, nurses try to prepare all the necessary procedures so that it can run well and smoothly. Resuscitation steps are carried out in the hope that the action can save the LBW or reduce the effects of further damage to vital organs.

One Hospital at Yogyakarta as a referral private hospital in the Special Region of Yogyakarta and surrounding areas, annually records neonate referral data. From medical record data, in 2020 there were 109 neonates, 16.5% of whom were referred with a diagnosis of Asphyxia. In 2021, out of 101 neonates referred, 6.9% were asphyxia. In 2022, out of 117 neonates, 11.1% of neonates were referred due to Asphyxia. While the data of 7 neonate deaths in Panti Rapih Hospital during 2022, 28.5% occurred in the Emergency Department (IGD). Unfortunately, from the data on the number of neonates who entered the hospital through the emergency room, there was no recording of how many babies were resuscitated in the emergency room. The staffing data in the

emergency department, the total number of nurses is 57 people, of which 15 people (19.3%) nurses already have a neonate resuscitation training certificate. Based on the results of preliminary studies conducted by interviewing several nurses revealed that those who had performed neonate resuscitation still involved nurses from other units, namely nurses from the Neonatal Intensive Care Unit (NICU). Based on the research of concluded that nurses can understand the condition of the emergency in neonates who experience asphyxia to immediately perform resuscitation, but nurses also have difficulties not only derived from the ability and skills of nurses but also the difficulty of complex series of actions. The psychological impact of unsuccessful resuscitation can cause psychological stressors for nurses.

Neonatal resuscitation often occurs in the NICU, because newborn patients are treated in an unstable condition and have previously undergone resuscitation, so the emergency assessment carried out includes assessing heart rate, apnea/breathing, or oxygenation status (Mardiati et al., 2021). As a nurse in charge of making decisions about maximum resuscitation of newborns who require CPR, the nurse tries to prepare all the necessary procedures so that they can run well and smoothly. Resuscitation steps are carried out with the hope that these actions can save the newborn or reduce the effects of further damage to vital organs. However, these efforts are limited by the lack of expertise and inadequate resuscitation equipment, as well as problems arising from the presence of the family during the resuscitation phase. The skill factor of a nurse has a significant impact on the mortality rate or survival of patients. One of the very important actions that a nurse must have is competence in carrying out resuscitation actions on neonates. Research related to the experience of nurses in performing neonate resuscitation in the emergency room of a hospital has never been done, so the study contributed to obtaining new information about the description of the implementation and experience of nurses in resuscitating neonates in the emergency room.

2. Method

This study used a qualitative design with a descriptive phenomenological approach, which is a research based on the experiences of emergency room nurses at X Hospital. The population of this study was all 57 emergency room nurses at X Hospital. According to Creswell (2018), in implementing qualitative interviews, researchers can conduct face-to-face interviews with participants, telephone interviews, or participate in direct interviews consisting of six to eight people per group. The interview aims to collect the views and opinions of participants.

The researcher recruited participants based on their specialized knowledge and their experiences and views related to this study. The criteria for selected participants are those who understand the activity process, remain involved in the activity, have sufficient time to obtain information, and do not tend to transfer information from their materials (Murdiyanto, 2020).

Participants who have been selected for the focus group interview are 6 emergency room nurses at X Hospital who have agreed to be interviewed. The sampling technique used by using purposive sampling where this sampling technique sets the criteria for inclusion in the study. Purposive sampling is a technique for selecting data sources with certain considerations, for example, the person is considered to know the most about what is expected (Abdussamad, 2021). Data collection techniques through in-depth interviews technique with emergency room nurses who already have resuscitation certificates and have performed neonate resuscitation.

3. Results and Discussion

Characteristics described in Table 1. Based on the results of this study obtained through an in-depth interview process with six participants, keywords were obtained from each participant's statement and then the coding was determined. From the six participants, the researcher found 101 codings. Codings that have similar meanings are grouped into 21 categories.

Table 1. Characteristics of respondents

Initials	Age (years)	Gender	Length of time working in the emergency department (years)	Nursing functional position
Y	33	Female	10	Proficient
A	38	Female	13	Supervisor
W	40	Female	16	Supervisor
S	46	Male	18	Proficient
G	31	Female	9	Proficient
R	36	Female	10	Supervisor

Categories that have similar meanings are then combined into a theme. In the research results obtained, 5 themes were obtained, namely:

Theme 1: Nurses understand the purpose of resuscitation and the method/procedure of resuscitation. The expression of nurses' understanding of the purpose of resuscitation emerged from the participants' statements, namely:

"to stimulate the heart rate (and) insufficient breathing for the baby"

"The first thing we see is, for example, the color of the skin, the circulation of the skin, if it is reddish, it means that the circulation is good. What needs to be done (resuscitation) if the color (of the baby's skin) is, for example, bluish, cyanosis"

"I hope that with the initial resuscitation of heart massage, the baby will respond to breathing.

"See if the baby has spontaneous breathing or not, if there is no spontaneous breathing, intubate. Even if there is spontaneous breathing but it is inadequate, we must immediately intubate"

According to the Big Indonesian Dictionary (KBBI), understanding means understanding correctly. In this case, the nurse is considered to correctly understand the purpose of resuscitation, recognition of signs of distress, actions, and resuscitation tools. According to Heni & Indarwati (2021), nurses' understanding of resuscitation is an important asset in carrying out resuscitation in critical conditions. This knowledge shows the success of resuscitation actions. The results of research in different places submitted by Fauziah et al., (2022) show that understanding of respiratory emergencies and resuscitation actions at RSU Dr. Zubir Mahmud must be well-controlled by nurses because RSU Dr. Zubir Mahmud is one of the recommended hospitals in East Aceh Regency.

Theme 2: teamwork is needed in performing neonate resuscitation.

In this case, teamwork is the ability to work together to achieve success in performing neonate resuscitation. When performing neonate resuscitation, nurses work together with other nurses in the emergency room, with the emergency room doctor, NICU nurse, and pediatrician. The expression of cooperation and support emerged from the statement:

"The first supporting factor is that the friends are cooperative, the emergency department team. Usually, we are overwhelmed by documentation, so if there are cases that triage ESI one or two like this, friends have immediately moved quickly to help, some are documentation, and some are printing what (printing hospital documents) like that. Then we can focus on the patient."

"That factor is support like friends who always give this, direction if for example, it is wrong, they are still told how to put it on, how to do this"

"Mutual support between fellow nurses and doctors or nursing assistants as well, for example, tools, you lack this, they are swift to find, for example (the tools) don't exist, how to find it"

According to the researcher, teamwork helps each other and works interdependently to provide services to babies. Teamwork means that team members depend on each other, treat each other cooperatively for patient care, benefit from collaborative work for patient care, share information about work assignments in making decisions, and know when to use collaboration to optimize LBW care. The results of Imanadhia & Yanika's (2022) show that successful resuscitation requires good skills and teamwork, a good understanding of the algorithm steps, perfectly mastered by any intensive care worker. Meanwhile, according to Riana (2019), nurses with good teamwork can improve the quality of service in the workplace because they feel their work has meaning in life, and commit to development because they can help their colleagues complete their work. This encourages nurses' desire to improve the quality of patient care. Another opinion conveyed is that team organization complexity means obstacles or obstacles that can hinder the achievement of resuscitation goals due to ineffective management of team members failing to achieve goals. Team organization complexity has two sub-topics, namely ineffective resuscitation team organization and unclear resuscitation leadership. In this case, teamwork is the ability to work together to achieve success in performing neonate resuscitation actions.

Theme 3: nurses performing neonate resuscitation require empathy.

Of the six participants, 1 nurse was male, but the instinct to help and gentleness still appeared. The expression of empathy with a strong desire to help emerged from the statement:

"I want to save (=want to save), yes *ho'oh*, whether it's an infant patient, an adult patient, a pregnant patient, I want to save the important thing"

"kringle (=strong desire) to help the child is higher, if you see the child's condition, yes distillate wah ayo lek *ditulung mesakke* (let's help immediately, pity)"

"Maybe I'm a mother too, so I'm carried away by the feelings of a mother, so I want, I want to do my best to save this child"

Empathy is needed so that nurses can perform neonate resuscitation actions optimally, in this case, because this newborn baby is problematic and requires resuscitation, of course, it causes anxiety that cannot be ignored so empathy needs to be created so that every parent gets hope from the nurse's empathetic attitude. In this study, nurses can understand empathy by understanding the

expectations and anxiety of the patient's family, appearing in the following statement:

"Their anxiety level is like really high"

"Maybe they just need moral support, moral support then ee to accompany the baby because the condition is critical"

"Yes, we failed (resuscitation), the name of the baby wants to be expected ee the parents ee the term new life, there are many hopes for the baby, well if we fail, it feels disappointed for sure"

The empathetic attitude of nurses is highly appreciated, which can bring patient satisfaction when receiving nurse actions. Empathy in nursing is the nurse's ability and effort to enter the patient's life, observe and feel the patient's emotions, and understand the meaning of these emotions in the patient's life to establish a therapeutic relationship between the nurse and the patient. According to the researcher, the sense of empathy that arises from nurses is something that must be done by every nurse so that patients get optimal service and carry out resuscitation actions to the maximum or help so that patients get good care. The findings of this researcher are also supported by the findings of in their qualitative research Where empathy can be shown through full resuscitation of infant patients, in this case, resuscitation with all their might, is an effort to start recovery or restore circulation to vital organs to prevent or minimize damage to vital organ functions, especially the heart and brain with all their existing capacities.

Theme 4: high confidence is needed in performing neonate resuscitation.

In this study, it was found that although the nurses had received training because they rarely did it and were supported when the action was always assisted by the NICU nurse, the emergency room nurses were not ready to perform resuscitation. This was raised in the statement:

"Refreshing theory and practice for neonate resuscitation. Because it's a rare case, if we don't refresh it because there's a lot to think about (laughs) sometimes we forget, sometimes we're blank."

"The baby room has also been helped sometimes, so we depend on it, sometimes we depend on the baby room, actually it's not allowed to? So, you have to be ready"

"Yes, that means we are not ready"

According to the researcher, all nurses have received training on neonate resuscitation which can lead to good abilities in carrying out resuscitation, but in practice, there are still many who do not have the readiness to carry out resuscitation actions, so high self-confidence helps nurses in carrying out neonate resuscitation actions. This self-confidence is related to the nurse's ability to dare to take the right action and think rationally and critically in performing resuscitation. According to Adzietyet et al cited by Adiani et al (2021), confidence is a person's ability to take control and act to achieve their goals. Any believer who will be able to do something to change the environment is more likely to act and succeed than those who do not.

Theme 5: Nurses are grateful for God's role in resuscitation.

This is related to the failure or success of resuscitation. Nurses feel sad when resuscitation fails and the patient is declared dead, but feel happy and happy when resuscitation is successful and the patient is transferred to the NICU.

Nurses realized God's intervention in the success of resuscitation, appearing in the statements:

"I'm happy (chuckling). Moreover, the baby is safe. The baby is safe, that's what I said earlier, we don't get anything, in the form of monetary awards or anything but the feeling, the sense of satisfaction, you know, it can't be rewarded with anything. Umpamane the patient is safe tomorrow and is brought to the emergency room and carried and then see the child, how come the baby is safe, it is already an inexpressible pride "

"I feel relieved, *Alhamdulillah*, the baby can live, we should have just imagined, it's impossible to be strong (impossible to be strong / survive), but we are still given a little gap to help, so I feel relieved, happy"

"Yes, praise God, thank God for helping me to, ee I can organize my heart, organize my mind so that I can save this child, God gave life to this child, yes I'm happy, happy"

This research is by qualitative research conducted by one of which is returning all problems to God, this theme means returning all problems to God. Things or everything related to human life and death to the supreme ruler, namely the Almighty Creator. According to Ardian (2016), spirituality has a role that can be explained in the context of beliefs that are explored in the concept of faith. In this case, it is important to learn about faith, God, trials, gratitude, and grace, depending on the patient's beliefs. These terms are closely related to the role of mindset in contributing positive and negative impacts related to health status, life satisfaction, social support, problem-solving skills, and stress management.

4. Conclusions and Suggestions

Based on an in-depth exploration of nurses' experience in performing neonate resuscitation in the emergency room of one hospital, the results were obtained nurses understand the purpose and procedures of resuscitation so that they can perform resuscitation properly. Obstacles in performing neonatal resuscitation are the lack of nurses' confidence in performing resuscitation and the dependence of ER nurses on support from NICU nurses every time they perform resuscitation. However, a supporting factor for nurses was found, namely cooperation between teams that could help them perform resuscitation properly. In performing resuscitation, nurses felt the need for empathy for the patient and their parents, and nurses realized the role of God's help in their success, but nurses returned the problem to God if resuscitation failed. Nurses believe that something that concerns human life and death is the power of God the Creator.

Based on the results above, the researcher provides suggestions for further researchers to find ways to increase nurses' confidence in performing neonatal resuscitation.

5. Acknowledgments

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