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A P P E N D I C E S

Appendices 1

Picture 1

Source : https://www.youtube.com/watch?v=KJo9Z_zk6sQ



Conversation 1

- Nurse : Good morning, how are you feeling today? (**Openness**)
- Patient : Hi, I'm feeling a bit anxious about my upcoming procedure. (**Openness**)
- Nurse : I understand that it can be nerve-wracking (**Empathy**). Can you tell me more about what's making you anxious? (**Openness**)
- Patient : I'm just worried about the pain and the recovery process. I've never had surgery before. (**Openness**)
- Nurse : It's completely normal to feel anxious about surgery (**Empathy**). I'm here to answer any questions you may have and to provide you with the information you need to feel more comfortable (**Equality**). The procedure you're having is a common one and the recovery process is usually straightforward. We'll make sure you have pain management options to help you feel as comfortable as possible (**Positiveness**)
- Patient : That's reassuring to hear (**Empathy**). Can you tell me more about the pain management options?
- Nurse : Of course. We can provide you with medication to manage the pain, as well as other non-pharmacological options such as relaxation techniques and breathing exercises (**Positiveness**). We'll work with you to find the best approach for your individual needs (**Positiveness, Equality**)
- Patient : That sounds good. I appreciate your openness and willingness to answer my questions (**Openness**)
- Nurse : It's important to me that you feel informed and comfortable. (**Empathy**). If you have any other questions or concerns, please don't hesitate to let me know (**Supportiveness**)
- Patient : Thank you. I feel more at ease knowing that you're here to support me.
- Nurse : It's my pleasure. Remember, we're here to help you every step of the way (**Supportiveness**)

Appendices 2

Picture 2

Source : <https://www.youtube.com/watch?v=4VrXsdb5Kuk&t=152s>



Conversation 2

- Perawat : Selamat pagi, Ibu Rini. Nama saya Siti, saya akan menjadi perawat yang membantu Anda hari ini. Apa yang bisa saya bantu? (**Openness**)
- Pasien : Pagi, Bu Siti. Saya merasa tidak enak badan beberapa hari ini, sering pusing dan mual. (**Openness**)
- Perawat : Terima kasih telah memberi tahu saya, Ibu Rini. Apakah Anda bisa ceritakan lebih detail tentang gejala yang Anda rasakan? (**Openness**). Misalnya, kapan mulai muncul dan seberapa sering terjadi?
- Pasien : Gejala ini mulai sekitar tiga hari yang lalu, dan biasanya muncul di pagi hari. Pusingnya kadang begitu parah sehingga saya merasa seperti mau pingsan. (**Openness**)
- Perawat : Baik, terima kasih atas informasinya. Ini sangat membantu (**Emphaty**). Saya akan mencatat semua gejala yang Anda alami dan meneruskannya ke dokter (**Equality**) Apakah ada hal lain yang ingin Anda sampaikan atau tanyakan? (**Openness**)
- Pasien : Saya juga merasa cemas karena gejala ini membuat saya sulit bekerja (**Openness**). Apakah mungkin ini sesuatu yang serius?
- Perawat : Saya mengerti kekhawatiran Anda, ibu Rini (**Emphaty**). Kami akan melakukan pemeriksaan lebih lanjut untuk mengetahui penyebabnya. Yang terpenting adalah Anda jujur tentang semua yang Anda rasakan agar kami bisa memberikan perawatan yang terbaik (**Positiveness**)
- Pasien : Baik, Bu Siti. Terima kasih atas pengertiannya.
- Perawat : Sama-sama, ibu Rini. Saya akan segera mengatur jadwal pemeriksaan Anda. Tetap tenang dan jangan ragu untuk bertanya jika ada yang ingin Anda ketahui (**Supportiveness**)
- Pasien : Terima kasih atas perhatiannya.
- Perawat : Sama-sama, ibu rini. Kami di sini untuk membantu Anda. Semoga Anda cepat merasa lebih baik (**Supportiveness**)

Appendices 3

Picture 3

Source : https://www.youtube.com/watch?v=f4qCP_NEYYU



Conversation 3

- Nurse : Good morning, how are you feeling today? (**Openness**)
- Patient : Hi, I'm feeling a bit overwhelmed. I just received some difficult news about my health. (**Openness**)
- Nurse : I'm really sorry to hear that (**Emphaty**). It can be a lot to take in when you receive news like that (**Emphaty**). I'm here to support you in any way I can.(**Supportiveness, Positiveness, Equality**). Can you tell me more about what you're feeling? (**Openness**)
- Patient : I'm just scared and unsure about what the future holds (**Openness**). I don't know what to expect
- Nurse : I understand that this can be a very difficult time (**Emphaty**). It's normal to feel scared and uncertain (**Emphaty**). I want you to know that you're not alone in this. We're here to help you navigate through this and provide you with the support you need (**Supportiveness, Positiveness**)
- Patient : Thank you. It's just hard to process everything.
- Nurse : I can imagine (**Emphaty**). It's important to take things one step at a time and to give yourself time to process the information (**Supportiveness, Positiveness**). I'm here to answer any questions you may have and to provide you with the resources you need to make informed decisions about your care. (**Supportiveness, Positiveness**)
- Patient : I appreciate that. It's comforting to know that I have someone to turn to.
- Nurse : It's my pleasure to be here for you. Remember, you're not alone in this. We're here to support you every step of the way (**Supportiveness**)

Appendices 4

Picture 4

Source : https://www.youtube.com/watch?v=nEH8VP_Po_c&t=842s



Conversation 4

- Perawat : Selamat pagi, Ibu Lina. Nama saya Dita, saya akan menjadi perawat Anda hari ini. Bagaimana perasaan Anda sekarang? (Openness)
- Pasien : Pagi, Bu Dita. Saya merasa sangat kesakitan di bagian perut saya. Sulit sekali untuk bergerak. (Openness)
- Perawat : Saya bisa memahami kekhawatiran Anda, Ibu Lina (Emphaty). Berita seperti ini memang sangat menakutkan (Emphaty). Apa yang paling membuat Anda merasa khawatir saat ini? (Openness)
- Pasien : Saya khawatir tentang operasi yang mungkin harus saya jalani dan bagaimana ini akan mempengaruhi keluarga saya (Openness)
- Perawat : Itu adalah kekhawatiran yang sangat wajar, Ibu Lina (Emphaty). Memikirkan keluarga dan kesehatan Anda adalah hal yang sangat penting. Kami di sini untuk mendukung Anda melalui setiap langkah (Supportiveness, Equality). Jika Anda ingin, saya bisa menjelaskan lebih lanjut tentang prosedur yang mungkin Anda jalani dan bagaimana kita bisa membantu Anda selama proses ini (Supportiveness)
- Pasien : Ya, saya ingin tahu lebih banyak tentang prosedurnya dan bagaimana cara saya bisa mempersiapkan diri.
- Perawat : Baik, Ibu Lina. Saya akan menjelaskan secara detail dan juga akan mengatur waktu untuk Anda bertemu dengan dokter bedah yang akan melakukan prosedurnya (Supportiveness, Equality) Kami akan memastikan Anda mendapatkan semua informasi yang Anda butuhkan dan merasa didukung sepenuhnya (Supportiveness, Positiveness)
- Pasien : Terima kasih, Bu Dita. Penjelasan dan dukungan Anda membuat saya merasa sedikit lebih tenang.
- Perawat : Sama-sama, Ibu Lina. Anda tidak sendirian dalam menghadapi ini. Kami semua di sini untuk membantu Anda melalui proses ini dengan sebaik mungkin (Supportiveness, Positiveness)

Appendices 5

Picture 5

Source : <https://www.youtube.com/watch?v=mNIsWsY25is&t=70s>



Conversation 5

- Nurse : Good morning, I hope you're feeling okay today. (**Openness**)
- Patient : Good morning, I'm feeling a bit down today. (**Openness**)
- Nurse : I'm sorry to hear that (**Emphaty**). Can you tell me what's been bothering you? (**Openness**)
- Patient : I'm just feeling overwhelmed with everything that's been going on. I feel like I don't have any control over my situation. (**Openness**)
- Nurse : It's understandable to feel that way. (**Emphaty**). It can be difficult to cope with a new diagnosis or a change in your health. (**Openness**) We're here to support you and help you in any way we can. (**Supportiveness, Positiveness, Equality**)
- Patient : Thank you, that means a lot to me.
- Nurse : Of course. We want to make sure you have all the resources you need to manage your health (**Supportiveness, Positiveness**). We can provide you with information about support group, counseling, and other services that can help you cope with the challenges you're facing (**Supportiveness**)
- Patient : That would be great. I think it would be helpful to talk to other people who are going through the same thing.
- Nurse : Absolotely. Taking to others who are going through similar experiences can be very beneficial (**Supportiveness, Positiveness**). It can help you feel less alone and more understood.
- Patient : Thank you for being so supportive. It really means a lot to me.
- Nurse : It's my pleasure to be here for you. We're all in this together, and we're committed to providing you with the best care possible. (**Supportiveness, Equality**)

Appendices 6

Picture 6

Source : <https://www.youtube.com/watch?v=JU75M4Xdw98&t=67s>



Conversation 6

- Perawat : Selamat sore, Pak Rudi. Nama saya Andi, saya akan menjadi perawat Anda hari ini. Bagaimana perasaan Anda setelah mendengar diagnosis tadi? (Openness)
- Pasien : Sore, Pak Andi. Saya merasa sangat cemas dan bingung dengan diagnosis ini. Saya tidak tahu harus mulai dari mana. (Openness)
- Perawat : Saya mengerti, Pak Rudi. Mendapatkan diagnosis baru bisa sangat mengagetkan dan membingungkan (Emphaty). Kami di sini untuk membantu Anda memahami kondisi ini dan mendukung Anda dalam setiap langkah yang perlu diambil. (Supportiveness, Positiveness). Apakah ada pertanyaan yang ingin Anda tanyakan atau hal yang paling Anda khawatirkan? (Openness)
- Pasien : Saya khawatir tentang bagaimana ini akan mempengaruhi kehidupan saya sehari-hari dan apa yang harus saya lakukan selanjutnya (Openness)
- Perawat : Itu adalah kekhawatiran yang sangat wajar, Pak Rudi. (Emphaty) Pertama, mari kita fokus pada langkah-langkah kecil yang bisa diambil sekarang. Saya akan memberikan informasi mengenai kondisi Anda dan langkah-langkah perawatan yang bisa kita lakukan (Supportiveness, Positiveness). Selain itu, saya akan memastikan Anda mendapatkan sumber daya yang diperlukan, seperti konseling atau grup dukungan jika Anda merasa itu bermanfaat. (Supportiveness)
- Pasien : Saya akan sangat menghargai itu. Saya merasa sedikit lebih tenang mendengar rencana Anda.
- Perawat : Saya senang mendengarnya, Pak Rudi. Kami akan melalui ini bersama-sama. Ingatlah bahwa kami ada di sini untuk mendukung Anda, tidak hanya dalam perawatan medis, tetapi juga dalam menghadapi perubahan yang mungkin terjadi dalam kehidupan Anda (Supportiveness, Positiveness, Equality)
- Pasien : Terima kasih, Pak Andi. Dukungan Anda sangat berarti bagi saya.
- Perawat : Sama-sama, Pak Rudi. Jangan ragu untuk bertanya atau menyampaikan apa saja yang Anda butuhkan. Kami akan selalu ada untuk membantu Anda. (Supportiveness, Equality)

Appendices 7

Picture 7

Source : <https://www.youtube.com/watch?v=e9U-r9D6oVw>



Conversation 7

- Nurse : Good morning, I hope you're doing well today! **(Openness)**
- Patient : Good morning, I'm doing okay. **(Openness)**
- Nurse : That's great to hear! **(Positiveness)**. I wanted to take a moment to talk to you about the power of positivity **(Supportiveness)**. Have you ever thought about how your thoughts and attitudes can impact your health? **(Openness)**
- Patient : I never really thought about it that way. **(Openness)**
- Nurse : Well, research has shown that a positive attitude can have a significant impact on your overall health and well-being. **(Positiveness)**. When you focus on the positive aspects of your life, it can help reduce stress, anxiety, and depression **(Supportiveness, Positiveness)**
- Patient : That makes sense. I've been feeling pretty down lately.
- Nurse : I'm sorry to hear that **(Empathy, Equality)** But it's never too late to start focusing on the positive **(Supportiveness, Positiveness)**. One simple way to do this is to practice gratitude **(Supportiveness)** Every day, try to think of three things that you're grateful for. It could be something as simple as a good cup of coffee or a beautiful sunset.
- Patient : I can try that.
- Nurse : Great! **(Positiveness)**. Another way to cultivate positivity is to surround yourself with positive people. **(Supportiveness, Positiveness)**. When you spend time with people who uplift and support you, it can help boost your mood and outlook on life.
- Patient : That's a good idea. I've been spending a lot of time with people who are negative and bring me down.
- Nurse : It can be tough to break away from those relationships, but it's important to prioritize your own well-being **(Positiveness)**. You deserve to be around people who make you feel good about yourself **(Positiveness)**
- Patient : Thank you for your advice. I'm going to try to focus on the positive and surround myself with positive people.
- Nurse : That's the spirit! **(Positiveness)**. Remember, your thoughts and attitudes have a powerful impact on your health. By focusing on the positive, you can improve your overall well-being and quality of life **(Supportiveness, Positiveness)**

Appendices 8

Picture 8

Source : <https://www.youtube.com/watch?v=uAKwa8GbwhE&t=96s>



Conversation 8

- Perawat : Selamat pagi, Bu Diah. Nama saya Sari, saya akan menjadi perawat Anda hari ini. Bagaimana perasaan Anda setelah sesi terapi kemarin? (Openness)
- Pasien : Pagi, Bu Sari. Sesi terapinya cukup melelahkan, tapi saya merasa ada sedikit kemajuan. (Openness)
- Perawat : Itu kabar yang bagus, Bu Diah! Kemajuan kecil adalah tanda positif (Positiveness). Setiap langkah maju, sekecil apapun, adalah langkah menuju kesembuhan. Apa yang paling membuat Anda merasa ada kemajuan? (Openness)
- Pasien : Saya bisa bergerak sedikit lebih bebas tanpa terlalu banyak rasa sakit dibanding sebelumnya. (Openness)
- Perawat : Luar biasa! (Positiveness). Itu adalah pencapaian yang sangat baik. Semakin sering Anda merasakan kemajuan seperti ini, semakin dekat Anda ke tujuan pemulihan (Positiveness). Apakah ada hal lain yang ingin Anda capai hari ini? (Openness)
- Pasien : Saya ingin bisa berjalan lebih jauh tanpa merasa terlalu Lelah. (Openness)
- Perawat : Itu tujuan yang bagus, Bu Diah (Positiveness). Mari kita fokus pada hal itu dalam sesi terapi hari ini. Ingat, setiap usaha yang Anda lakukan membawa Anda lebih dekat ke tujuan Anda (Supportiveness, Positiveness). Semangat dan sikap positif Anda adalah kunci penting dalam proses ini (Supportiveness, Positiveness)
- Pasien : Terima kasih, Bu Sari. Dukungan Anda sangat membantu saya tetap bersemangat.
- Perawat : Sama-sama, Bu Diah. Kami semua di sini untuk mendukung Anda (Supportiveness). Teruslah berpikir positif dan percaya bahwa Anda bisa melewati ini dengan baik (Positiveness, Supportiveness)

Appendices 9

Picture 9

Source : <https://www.youtube.com/watch?v=8CRHnkgpzOo&t=113s>



Conversation 9

- Nurse : Good morning (**Openness**). Mr. Johnson. I understand that you have some concerns about your care plan (**Empathy**). I want to assure you that your input and opinions are highly valued. (**Supportiveness, Equality**)
- Patient : Good morning, Nurse Smith. I feel like I don't have a say in my care plan and that the decisions are being made for me. (**Openness**)
- Nurse : I understand how you feel, and I want to change that perception (**Empathy**) It's essential that we work together as a team to ensure that you receive the best care possible (**Equality**). I'm here to listen to your thoughts, concerns, and preferences. (**Supportiveness, Equality**)
- Patient : I appreciate that, Nurse Smith. I would like to be more involved in the decision-making process (**Openness**)
- Nurse : Absolutely, Mr. Johnson. I'll make sure to explain your care plan in detail and discuss the pros and cons of each option (**Equality**). This way, you can make an informed decision that aligns with your preferences and values (**Equality**)
- Patient : That sounds great, Nurse Smith. I feel more empowered knowing that I have a say in my care.
- Nurse : I'm glad to hear that, Mr. Johnson (**Positiveness**). Our goal is to provide patient-centered care, and that includes respecting your autonomy and decision-making abilities (**Equality**). Let's work together to ensure that you receive the best care possible.
- Patient : Thank you, Nurse Smith. I appreciate your commitment to equality in communication (**Equality**)
- Nurse : It's my pleasure, Mr. Johnson. I believe that open and equal communication is the foundation of a successful nurse-patient relationship (**Equality**). Let's continue to have open and honest conversations throughout your care journey (**Positiveness**)

Appendices 10

Picture 10

Source : https://www.youtube.com/watch?v=nEH8VP_Po_c&t=842s



Conversation 10

- Perawat : Selamat sore, Bu Rina. Nama saya Annisa, saya akan menjadi perawat Anda hari ini. Bagaimana perasaan Anda hari ini? (Openness)
- Pasien : Sore, Bu Annisa. Saya merasa sedikit khawatir tentang rencana perawatan jangka panjang saya. (Openness)
- Perawat : Saya mengerti, Bu Rina. Perencanaan perawatan jangka panjang memang bisa menimbulkan banyak pertanyaan dan kekhawatiran. (Emphaty). Mari kita diskusikan bersama agar Anda merasa lebih tenang. (Equality). Apakah ada hal tertentu yang ingin Anda bicarakan terlebih dahulu? (Openness)
- Pasien : Saya ingin tahu bagaimana saya bisa terlibat lebih aktif dalam rencana perawatan saya. (Openness)
- Perawat : Itu adalah hal yang sangat penting, Bu Rina (Positiveness). Kami sangat menghargai masukan dan partisipasi aktif anda dalam merencanakan perawatan. Kami akan bekerja sama untuk membuat rencana yang sesuai dengan kebutuhan dan preferensi Anda (Equality). Apakah ada area tertentu dalam perawatan yang ingin Anda fokuskan? (Openness)
- Pasien : Saya ingin memastikan bahwa saya bisa tetap mandiri sejauh mungkin dan memahami setiap langkah dalam rencana perawatan ini. (Openness)
- Perawat : Baik, Bu Rina. Kita akan merancang rencana perawatan yang memungkinkan Anda untuk tetap mandiri sambil mendapatkan dukungan yang Anda butuhkan (Supportiveness). Saya juga akan memberikan penjelasan rinci tentang setiap langkah sehingga Anda merasa yakin dan memahami prosesnya (Equality). Apakah Anda punya ide atau preferensi khusus yang ingin Anda masukkan dalam rencana ini? (Equality).
- Pasien : Saya ingin ada jadwal rutin untuk aktivitas fisik ringan dan juga waktu untuk beristirahat yang cukup. (Openness)
- Perawat : Itu adalah ide yang sangat bagus, Bu Rina (Positiveness). Aktivitas fisik dan istirahat yang cukup sangat penting untuk kesehatan Anda. Kita akan memastikan jadwal Anda mencakup kedua hal tersebut. Mari kita buat rencana yang seimbang dan sesuai dengan kebutuhan Anda (Equality). Apakah ada hal lain yang ingin Anda tambahkan? (Openness)
- Pasien : Sejauh ini itu saja (Openness). Terima kasih banyak, Bu Anisa.
- Perawat : Sama-sama, Bu Rina. Saya senang kita bisa merencanakan ini bersama-sama. Jangan ragu untuk menghubungi saya jika ada pertanyaan atau perubahan yang ingin Anda buat dalam rencana perawatan . (Supportiveness, Equality). Kami ada di sini untuk mendukung Anda sepenuhnya. (Supportiveness)

Appendices 11

Picture 11

Source : <https://www.youtube.com/watch?v=SfIF5apBgPc&t=6s>



Conversation 11

- Nurse : *Good morning, Mrs. Thompson. I'll be your nurse today. Can you tell me a little bit about yourself and your health status?*
- Patient : *Good morning, Nurse. I'm 45 years old and have been living with diabetes for the past 10 years. I'm here for my regular check-up.*
- Nurse : *Thank you for sharing that with me, Mrs. Thompson. I've reviewed your medical history, and I see that you have some allergies. Is there anything new that I should be aware of since your last visit?*
- Patient : *No, nothing new. I've been taking my medication as prescribed and following my diet plan.*
- Nurse : *That's great to hear, Mrs. Thompson. I'll be taking your vitals and performing a physical assessment. Is there anything specific that you would like to discuss during our visit today?*
- Patient : *Yes, I've been having some trouble sleeping at night. I was hoping we could discuss some possible solutions.*
- Nurse : *Of course, Mrs. Thompson. I'll make sure to take note of that and discuss it with the healthcare team. We'll work together to find a solution that works best for you.*
- Patient : *Thank you, Nurse. I appreciate your help.*
- Nurse : *It's my pleasure, Mrs. Thompson. I'm here to support you and ensure that you receive the best care possible. Let's get started with your vitals and assessment.*

Appendices 12

Picture 12

Source : <https://www.youtube.com/watch?v=dCRxuet2HQ>



Conversation 12

- Perawat : Selamat sore, Pak Budi. Nama saya Sinta, saya akan menjadi perawat yang mendampingi Anda dalam sesi terapi hari ini. Sebelum kita mulai, saya ingin memastikan bahwa Anda merasa nyaman dan siap. Apakah Anda sudah pernah melakukan terapi fisik sebelumnya?
- Pasien : Sore, Bu Sinta. Ini pertama kalinya saya menjalani terapi fisik, jadi saya agak gugup.
- Perawat : Tidak apa-apa, Pak Budi. Perasaan gugup itu normal, terutama saat melakukan sesuatu yang baru. Terapi fisik adalah proses yang bertujuan untuk membantu Anda meningkatkan kekuatan dan mobilitas. Saya akan menjelaskan setiap langkah sebelum kita melakukannya, dan Anda bisa berhenti kapan saja jika merasa tidak nyaman. Apakah ada hal khusus yang ingin Anda tanyakan atau khawatirkan?
- Pasien : Saya khawatir apakah saya bisa mengikuti semua instruksinya dengan baik, terutama karena saya merasa tubuh saya masih sangat kaku.
- Perawat : Kekhawatiran Anda sangat dipahami, Pak Budi. Kami akan memulai dengan gerakan yang sederhana dan perlahan, sesuai dengan kemampuan Anda. Tujuan kami adalah membantu Anda merasa lebih baik, bukan memaksakan tubuh Anda. Jika ada yang terasa terlalu sulit, beri tahu saya, dan kita bisa menyesuaikan gerakannya. Kami di sini untuk mendukung Anda sepanjang proses ini.
- Pasien : Terima kasih, Bu Sinta. Penjelasan Anda membuat saya merasa lebih siap.
- Perawat : Sama-sama, Pak Budi. Saya senang bisa membantu. Mari kita mulai dengan beberapa peregangan dasar untuk menghangatkan otot. Jika ada yang ingin Anda tanyakan selama sesi, jangan ragu untuk berbicara.

Appendices 13

Picture 13

Source : <https://www.youtube.com/watch?v=3iil0s43Ka4&t=152s>



Conversation 13

- Nurse : *Hello, Mrs. Johnson. I'm Nurse Smith, and I'll be your nurse during your stay with us. Can you tell me your name and date of birth?*
- Patient : *Hi, Nurse Smith. I'm Mrs. Johnson, and my date of birth is January 15, 1988.*
- Nurse : *Thank you, Mrs. Johnson. I'll be taking care of you during your stay, and I want to make sure that you feel comfortable and informed about your care. Do you have any questions or concerns that you would like to discuss?*
- Patient : *Yes, I'm a little nervous about being in the hospital. I've never stayed in one before.*
- Nurse : *I understand how you feel, Mrs. Johnson. It's normal to feel anxious or nervous about being in the hospital. I'm here to support you and answer any questions you may have. I'll be explaining everything we do and why we do it, so you'll always know what to expect.*
- Patient : *That sounds good, Nurse Smith. I would like to know more about the hospital and the care I'll be receiving.*
- Nurse : *Absolutely, Mrs. Johnson. I'll be happy to provide you with an orientation of the hospital and explain the care plan we have developed for you. We'll be working together as a team to ensure that you receive the best care possible. Do you have any specific questions or concerns that you would like to discuss?*
- Patient : *Yes, I'm worried about the pain. I've heard that hospitals can be painful.*
- Nurse : *I understand your concerns, Mrs. Johnson. Pain management is an essential part of our care plan. We'll be monitoring your pain levels closely and providing you with medication and other comfort measures as needed. Our goal is to keep you as comfortable as possible during your stay.*
- Patient : *Thank you, Nurse Smith. I feel better knowing that you'll be taking care of me.*
- Nurse : *It's my pleasure, Mrs. Johnson. I'm here to support you and ensure that you have a positive experience during your stay. Let's get started with your care plan.*

Appendices 14

Picture 14

Source : https://www.youtube.com/watch?v=1_FyttD9Ng&t=333s



Conversation 14

- Perawat : Selamat sore, Bu Rini. Nama saya Dita, saya akan menjadi perawat yang mendampingi Anda selama program rehabilitasi ini. Saya ingin memberikan orientasi singkat mengenai program ini. Bagaimana perasaan Anda hari ini?
- Pasien : Sore, Bu Dita. Saya merasa sedikit cemas karena saya belum tahu banyak tentang program ini.
- Perawat : Saya mengerti Bu Rini. Kecemasan adalah hal yang wajar ketika memulai sesuatu yang baru. Saya akan menjelaskan program ini secara menyeluruh agar Anda merasa lebih nyaman. Program rehabilitasi ini berlangsung selama 4 minggu, dengan jadwal harian yang mencakup terapi fisik, terapi okupasi, dan sesi konseling.
- Pasien : Apakah saya akan mendapatkan jadwal harian yang jelas?
- Perawat : Ya, Bu Rini. Setiap pagi, Anda akan menerima jadwal harian yang merinci aktivitas dan sesi terapi Anda. Terapi fisik biasanya dilakukan di ruang terapi di lantai dua, sedangkan sesi konseling dan terapi okupasi di ruang yang berada di dekat ruang rekreasi. Selain itu, ada juga waktu bebas yang bisa Anda gunakan untuk beristirahat atau berpartisipasi dalam aktivitas rekreasi. memastikan bahwa saya bisa tetap mandiri sejauh mungkin dan memahami setiap langkah dalam rencana perawatan ini.
- Pasien : Bagaimana dengan makan dan waktu istirahat?
- Perawat : Makan disediakan tiga kali sehari di ruang makan bersama, tapi jika Anda merasa tidak nyaman makan di sana, makanan bisa diantar ke kamar Anda. Waktu istirahat biasanya diatur setelah sesi terapi pagi dan siang, untuk memberi Anda waktu relaksasi. Kami juga mendorong Anda untuk berpartisipasi dalam sesi relaksasi dan aktivitas sosial yang diadakan setiap sore.
- Pasien : Terima kasih, Bu Dita. Informasi ini membuat saya merasa lebih tenang.
- Perawat : Sama-sama, Bu Rini. Jika ada pertanyaan atau kebutuhan selama program ini, jangan ragu untuk menghubungi saya atau staf lainnya. Kami ada di sini untuk mendukung Anda sepenuhnya.
- Pasien : Saya akan ingat itu, Bu Dita. Terima kasih atas penjelasannya.
- Perawat : Sama-sama, Senang bisa membantu, Bu Rini. Mari kita mulai dengan pemeriksaan awal dan diskusi tentang tujuan rehabilitasi Anda. Jika ada hal yang ingin Anda tanyakan atau butuhkan, saya siap membantu.

Appendices 15

Picture 15

Source : <https://www.youtube.com/watch?v=3iil0s43Ka4&t=152s>



Conversation 15

- Nurse : Good morning, I'm Nurse Smith. I'll be taking care of you today. How are you feeling?
- Patient : Hi, I'm feeling a bit anxious about my procedure today.
- Nurse : I understand. It's normal to feel that way. I'm here to answer any questions you may have and to make sure you're comfortable.
- Patient : Thank You. Can you tell me what to expect during the procedure?
- Nurse : Of course. The procedure will take about an hour. You'll be given a sedative to help you relax, and the doctor will use a small camera to look inside your body. You may feel some pressure, but it shouldn't be painful.
- Patient : Okay, that helps. What about after the procedure?
- Nurse : After the procedure, you'll be taken to a recovery room where we'll monitor your vital signs. You may feel groggy or nauseous, but that should pass quickly. We'll give you something to drink and some light snacks. Once you're feeling better, you'll be able to go home.
- Patient : That sounds good. What do I need to do to prepare for the procedure?
- Nurse : You'll need to fast for at least 8 hours before the procedure. You can have water, but no food or drinks with calories. You should also wear comfortable clothing and leave any valuables at home.
- Patient : Okay, I can do that. Thank you for explaining everything to me.
- Nurse : You're welcome. If you have any other questions or concerns, don't hesitate to ask. I'm here to help you.
- Patient : I appreciate that. I feel more confident now that I know what to expect.
- Nurse : That's great to hear. We'll take good care of you.

Appendices 16

Picture 16

Source : <https://www.youtube.com/watch?v=NZ9ZOZ59VAM&t=165s>



Conversation 16

- Perawat : Selamat sore, Bu Rini. Nama saya Dita, saya akan menjadi perawat yang mendampingi Anda dalam sesi terapi hari ini. Bagaimana perasaan Anda?
- Pasien : Sore, Bu Dita. Saya merasa sedikit tegang tentang terapi ini.
- Perawat : Saya mengerti Bu Rini. Mari kita bicarakan tahap-tahap yang akan kita lakukan hari ini agar Anda merasa lebih nyaman. Pertama, kita akan mulai dengan pemanasan ringan selama 10 menit untuk menghangatkan otot-otot Anda. Setelah itu, kita akan melakukan serangkaian latihan peregangan dan kekuatan selama 30 menit. Terakhir, kita akan melakukan pendinginan dan evaluasi singkat tentang kemajuan Anda. Apakah ada yang ingin Anda tanyakan tentang tahap-tahap ini?
- Pasien : Apakah latihan-latihan ini akan sangat menyakitkan?
- Perawat : Anda mungkin merasakan sedikit ketidaknyamanan, terutama jika otot-otot Anda masih kaku, tetapi latihan-latihan ini dirancang untuk dilakukan secara perlahan dan dengan tingkat kesulitan yang sesuai dengan kemampuan Anda. Saya akan memantau Anda sepanjang sesi dan kita bisa menyesuaikan latihan sesuai kebutuhan Anda. Tujuan kita adalah meningkatkan kekuatan dan mobilitas Anda secara bertahap. Apakah Anda merasa lebih siap setelah mendengar penjelasan ini?
- Pasien : Ya, saya merasa lebih siap. Terima kasih atas penjelasannya, Bu Dita.
- Perawat : Sama-sama, Bu Rini. Mari kita mulai dengan pemanasan. Jika ada hal lain yang ingin Anda tanyakan atau butuhkan selama sesi ini, jangan ragu untuk memberi tahu saya.

Appendices 17

Picture 17

Source : <https://www.youtube.com/watch?v=3iil0s43Ka4&t=152s>



Conversation 17

- Nurse : Good morning, I'm Nurse Smith. I've been taking care of you for the past few days. How are you feeling today?
- Patient : Hi, Nurse Smith. I'm feeling a little better today, but I know that I'm not getting better.
- Nurse : I understand. It's important to be honest about how you're feeling. We're here to support you and make you as comfortable as possible.
- Patient : I appreciate that. I'm just scared about what's going to happen.
- Nurse : It's natural to feel scared. We're here to help you through this difficult time. We'll make sure you're not in any pain and that you have everything you need.
- Patient : Thank you. I don't want to be a burden to anyone.
- Nurse : You're not a burden. We're here to help you, and we want to make sure you have the best care possible.
- Patient : I appreciate that. I just want to make sure that my family is taken care of after I'm gone.
- Nurse : We can help you with that. Have you thought about making a will or advance directive?
- Patient : No, I haven't. I didn't think it was necessary.
- Nurse : It's never too early to think about these things. We can help you with that if you'd like.
- Patient : That would be great. Thank you.
- Nurse : Of course. We're here for you. Is there anything else you need right now?
- Patient : No, I think I'm okay for now. Thank you for everything.
- Nurse : You're welcome. We'll be here for you whenever you need us.

Appendices 18

Picture 18

Source : <https://www.youtube.com/watch?v=8KsJ7Zl6K1E>



Conversation 18

- Perawat : Selamat sore, Bu Sari. Nama saya Lili, saya akan menjadi perawat yang mendampingi Anda hari ini. Bagaimana perasaan Anda?
- Pasien : Sore, Bu Lili. Saya merasa agak lelah dan sedikit cemas tentang masa depan saya.
- Perawat : Saya mengerti, Bu Sari. Saya di sini untuk membantu Anda merasa lebih nyaman dan menjawab pertanyaan yang Anda miliki. Dokter telah membicarakan dengan Anda tentang perawatan paliatif, bukan? Ini adalah jenis perawatan yang fokus pada kenyamanan dan kualitas hidup Anda.
- Pasien : Ya, saya mendengar sedikit tentang itu. Apa yang sebenarnya terlibat dalam perawatan paliatif?
- Perawat : Perawatan paliatif melibatkan tim medis yang bekerja sama untuk mengelola gejala dan rasa sakit Anda, serta mendukung kebutuhan emosional dan spiritual Anda. Tujuan utamanya adalah untuk memastikan Anda merasa nyaman mungkin. Kita akan menyesuaikan perawatan berdasarkan kebutuhan dan preferensi Anda. Apakah ada aspek tertentu dari perawatan ini yang Anda khawatirkan atau ingin ketahui lebih lanjut?
- Pasien : Saya khawatir tentang rasa sakit dan bagaimana saya bisa tetap merasa terhubung dengan keluarga saya.
- Perawat : Kekhawatiran Anda sangat wajar, Bu Sari. Kami akan bekerja keras untuk mengelola rasa sakit Anda dengan obat-obatan dan teknik lain untuk memastikan Anda merasa nyaman. Kami juga akan membantu mengatur kunjungan keluarga dan menyediakan dukungan emosional untuk Anda dan keluarga Anda. Kami ingin memastikan Anda merasa didukung dalam setiap aspek kehidupan Anda. Apakah ada hal lain yang ingin Anda bicarakan atau tanyakan?
- Pasien : Terima kasih, Bu Lili. Itu sangat membantu. Saya merasa sedikit lebih tenang sekarang.
- Perawat : Sama-sama, Bu Sari. Saya senang bisa membantu. Jika Anda memiliki pertanyaan lain atau merasa perlu berbicara lebih lanjut, jangan ragu untuk memanggil saya kapan saja. Kami di sini untuk mendukung Anda sepenuhnya.