

ABSTRACT

THE RELATIONSHIP BETWEEN HYBRID DOCUMENTATION PRACTICES (PAPER-ELECTRONIC) AND NURSES' COGNITIVE LOAD

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The incomplete transition to Electronic Medical Records (EMRs) has required nurses to continue performing hybrid documentation by simultaneously using paper-based and electronic documentation systems. This practice may increase nurses' cognitive load due to duplicate documentation across two different media. This research aimed to examine the relationship between hybrid documentation practices and nurses' cognitive load in the inpatient wards of RSU Anwar Medika. This research employed a correlational cross-sectional design. A total of 92 nurses were selected using proportionate stratified random sampling. Data were collected using the Hybrid Documentation Practice Questionnaire and the National Aeronautics and Space Administration Task Load Index (NASA-TLX). The data were analyzed using the Pearson product-moment correlation test. The results showed that hybrid documentation practices were categorized as high, with a mean score of 36.61. Nurses' cognitive load was also categorized as high, with a mean score of 71.18. Among the six dimensions of the NASA-TLX, the effort dimension demonstrated the highest mean score (79.75). Statistical analysis revealed a significant positive correlation between hybrid documentation practices and nurses' cognitive load ($r = 0.363$, $p < 0.001$). These findings indicate that higher levels of hybrid documentation practices are associated with greater perceived cognitive load among nurses. Therefore, optimizing the full implementation of EMRs should be considered to reduce nurses' cognitive load, improve documentation efficiency, and enhance patient safety.

Keywords: cognitive load, electronic medical records, hybrid documentation, nurses.

ABSTRAK

HUBUNGAN PRAKTIK DOKUMENTASI *HYBRID* (KERTAS-ELEKTRONIK) DENGAN BEBAN KOGNITIF PERAWAT

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Transisi menuju Rekam Medis Elektronik (RME) yang belum sepenuhnya tuntas menyebabkan perawat masih melakukan dokumentasi secara *hybrid*, yaitu menggunakan media kertas dan elektronik secara bersamaan. Praktik ini berpotensi meningkatkan beban kognitif akibat pencatatan pada dua media. Penelitian ini bertujuan menganalisis hubungan antara praktik dokumentasi *hybrid* dengan beban kognitif perawat di ruang rawat inap RSUD Anwar Medika. Penelitian ini menggunakan desain korelasional dengan pendekatan *cross-sectional*. Sampel penelitian terdiri atas 92 perawat yang dipilih menggunakan teknik *proportionate stratified random sampling*. Data dikumpulkan menggunakan kuesioner praktik dokumentasi *hybrid* dan instrumen NASA-TLX, kemudian dianalisis menggunakan uji *Pearson Product-Moment*. Hasil penelitian menunjukkan bahwa rata-rata praktik dokumentasi *hybrid* berada pada kategori tinggi (36,61) sedangkan beban kognitif perawat juga berada pada kategori tinggi dengan rata-rata 71,18. Dimensi usaha (*effort*) merupakan komponen beban kognitif dengan rata-rata tertinggi (79,75). Hasil analisis menunjukkan terdapat hubungan positif yang signifikan antara praktik dokumentasi *hybrid* dan beban kognitif perawat ($r = 0,363$; $p < 0,001$). Semakin tinggi praktik dokumentasi *hybrid* yang dilakukan perawat, semakin tinggi pula beban kognitif yang dirasakan. Optimalisasi implementasi RME secara penuh perlu dipertimbangkan untuk mengurangi beban kognitif perawat, meningkatkan efisiensi dokumentasi, dan mendukung keselamatan pasien.

Kata kunci: beban kognitif, dokumentasi *hybrid*, perawat, rekam medis elektronik.

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