

# Pemberdayaan kader dengan pendekatan intervensi berjenjang dalam pelayanan dan asuhan keperawatan komunitas pada lansia dengan gangguan mobilisasi akibat rematik di Kelurahan PGS Kota Depok = Empowerment cadres with multilevel intervention approach in community nursing services toward the elderly with impaired mobilization caused rheumatoid arthritis in PGS Depok City

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## Abstrak

Aggregate lansia merupakan kelompok berisiko dan rentan dengan kondisi penyakitnya, karena kurangnya mengakses pelayanan dan dukungan. Keterbatasan tersebut diperberat dengan adanya gangguan mobilisasi akibat rematik. Diperlukan dukungan dari kader kesehatan untuk membina kesehatan lansia terutama dalam upaya pencegahan gangguan mobilisasi dan kecacatan.

Tujuan penulisan adalah memberikan gambaran pelaksanaan pemberdayaan kader dengan pendekatan intervensi berjenjang dalam pelayanan dan asuhan keperawatan komunitas pada lansia dengan gangguan mobilisasi. Karya tulis ini merupakan inovasi yang diaplikasikan dalam pengelolaan pelayanan keperawatan komunitas, asuhan keperawatan keluarga dan komunitas dengan mengintegrasikan model manajemen pelayanan kesehatan, model community as partner, model self care dan model family center nursing. Hasil implementasi adalah telah terbentuknya model intervensi berjenjang dengan memberdayakan kader dan didukung petugas puskesmas, peningkatan kemampuan kader dalam penatalaksanaan gangguan mobilisasi akibat rematik, meningkatnya kemandirian keluarga, meningkatnya kemampuan lansia, menurunnya tingkat nyeri, dan meningkatnya ADL lansia. Karya tulis ini diharapkan dapat menjadi alternatif acuan dalam pembinaan keluarga dan lansia di masyarakat.

.....Aggregate risk groups and the elderly are a vulnerable group as well as the condition of the disease, due to lack of access to services and support are obtained. Limitations are compounded by the disruption caused by rheumatic mobilization. They are require the support from cadre to foster health of the elderly, especially in preventing impairment and disability mobilization.

This paper goal is to provide a picture of the empowerment of cadres with of multilevel intervention approach in community care and nursing care of the elderly with impaired mobilization. Result of this paper the innovations applied in the management of community nursing services, nursing care families, and communities by integrating theory and models of health service management, a community as partner models, self-care models and family center nursing models.

The results of the implementation multilevel intervention approach is formulated to empower cadres, increase the ability of cadres in the management of rheumatic disorders in the aggregate due to the mobilization of the elderly, increased family self-sufficiency, increasing the ability of the elderly, reduced levels of pain, and increased ADL elderly. This paper is expected to be a reference in building alternative families and elderly in the community.