

# Efektivitas model promise integrasi edukasi dan konseling terhadap perawatan mandiri pengetahuan tahap perubahan readmission dan atau kematian pasien gagal jantung = The effectiveness of promise model integration of education and counseling to heart failure self care knowledge stages of change and readmission and or death

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## Abstrak

### [<b>ABSTRAK</b><br>

Perawatan mandiri merupakan bagian integral dalam keberhasilan manajemen pasien gagal jantung. Peneliti menggunakan 3 pendekatan model terintegrasi yaitu transtheoretical, orem dan motivational interviewing model yang disebut model ?PrOMiSe?. Tujuan penelitian adalah untuk meningkatkan perilaku perawatan mandiri pasien gagal jantung. Kuasi-eksperimental disain digunakan dalam penelitian ini. Sejumlah 100 pasien gagal jantung terdaftar selama rawat inap. Kelompok intervensi diberikan intervensi model ?PrOMiSe selama tiga bulan dari perawat kardiovaskular terlatih. Uji statistik menggunakan independent t-test, chi square, uji Mann Whitney, regresi logistik, Kaplan Meier dan Cox regresi. Hasil: terdapat perbedaan bermakna perawatan mandiri, indek pengetahuan dan tahap perubahan, readmission dan atau kematian pasien gagal jantung setelah intervensi model antar kelompok kontrol dan kelompok intervensi. Kesimpulan, Model ?PrOMiSe?: integrasi edukasi dan konseling efektif dalam meningkatkan perawatan mandiri, pengetahuan, tahap perubahan dan menurunkan peluang readmission dan atau kematian pasien gagal jantung. Rekomendasi: diperlukan kebijakan penerapan model dan penelitian lanjutan tentang konseling perawatan.

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Self-care is an integral part in the successful management of heart failure patients. The aims of research was to increase self-care behavior of patients with heart failure. We used a three model integrated approach, the transtheoretical, orem and motivational interviewing model, or simply termed ?PrOMiSe?. Quasiexperimental design was used in this study. One hundred patients with heart failure enrolled during hospitalization. Intervention group received intervention ?PrOMiSe? model over a three month period from nurse trained. Statistical tests used independent t-test, chi square, Mann Whitney test, multiple logistic regression, Kaplan Meier and Cox regression. Results: there were significant differences in heart failure self-care, knowledge heart failure index and stages of change and readmission and/ or death after the intervention ?PrOMiSe? model between the control and intervention group. Conclusion, the ?PrOMiSe? model was effective in increasing heart failure self-care, knowledge heart failure index,

stages of change and reducing survival readmission and/ or death in heart failure patients. Recommendation: necessary policy and further research related with counseling heart failure self care is needed.;Self-care is an integral part in the successful management of heart failure patients.

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