

Program makan keluarga dan anak sebagai intervensi keperawatan komunitas untuk penatalaksanaan balita gizi kurang di cisalak pasar depok = Program makan keluarga dan anak pro makan as intervention strategy of community nursing care to treatment toddler malnutrition in cisalak pasar village depok

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Abstrak

[Balita sebagai populasi at risk yaitu sekelompok individu yang memiliki peluang untuk mengalami masalah kesehatan. Faktor-faktor yang mempengaruhi balita sebagai kelompok berisiko gizi kurang karena faktor ketergantungan seorang anak terhadap orangtua dalam pemenuhan nutrisi. Program Makanan, Keluarga, dan Anak yang dimodifikasi dalam bentuk kartu Pro MaKAN merupakan strategi intervensi keperawatan komunitas untuk meningkatkan berat badan anak balita, yang dapat dilanjutkan keluarga dan masyarakat melalui pemberdayaan kelompok swa bantu dan kelompok pendukung Pro MAKAN. Tujuan karya Ilmiah ini memberikan gambaran pelaksanaan Pro MaKAN melalui penerapan integrasi teori Community As Partner, Family Center Nursing, Health Belief Model, dan manajemen pelayanan kesehatan pada balita dengan gizi kurang di Kelurahan Cisalak Pasar. Pengambilan data dilakukan dengan wawancara, observasi, penyebaran angket pada 56 responden dengan purposive sampling. Strategi intervensi yang dilakukan melalui kegiatan terapi komplementer, terapi modalitas, coaching, guidance, konseling dan pendidikan kesehatan pada kelompok swa bantu yang berjumlah 30 orang balita gizi kurang dan resiko gizi kurang maupun kelompok pendukung yang berjumlah 10 kader dan selama 8 bulan. Hasil kegiatan menunjukkan peningkatan nilai-rata-rata pengetahuan sebelum dilakukan intervensi 61, peningkatan rata-rata keterampilan perawatan gizi kurang sebelum dilakukan intervensi 64 menjadi 71 setelah dilakukan intervensi, dan peningkatan nilai rata-rata sikap sebelum diberikan intervensi sebesar 67, tetapi setelah dilakukan intervensi menjadi 84.; dari 10 keluarga 70% tingkat kemandirian IV dan 30% III; 80% peningkatan berat badan sebesar 100-200 gram per bulan.

;Toddlers as the population at risk is a group of individuals who have the opportunity to experience health problems . Factors that affect infants as a group at risk of malnutrition because of the dependence of a child to the parent of nutrition . Program Makan, Keluarga, dan Anak (Pro MaKAN) as strategy of intervention community nursing care to to increase weight of toddler , who can continue the family and community empowerment through self- help groups and support groups Pro MaKAN. This final scientific papers describing of the implementation of the Pro MaKAN through the application of the theory of integration of Community As Partner , Family Center Nursing , Health Belief Model , and management of health services in infants with malnutrition in Sub Cisalak Market . Data were collected by interview , observation , questionnaires to 56 respondents with purposive sampling. Intervention strategies through a complementary therapy , therapeutic modalities , coaching , guidance , counseling and health education on self- help group numbering 30 people toddler malnutrition and risk of malnutrition as well as support groups totaling 10 cadres and for 8 months . The results showed increased activity - the average value of knowledge prior to the intervention 61 , an average increase of less nutritional care skills prior to intervention 64 to 71 after the intervention , and an increase in the average value of the attitude before granted intervention by 67 , but after

the intervention to 84 . ; than 10 families 70 % self-sufficiency rate of 30% IV and III ; 80 % increase in body weight of 100-200 grams per month

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