

Pengaruh program pemberdayaan keluarga sebagai persiapan rencana pulang terhadap status fungsional klien dan kesiapan keluarga merawat klien stroke = The influence of family empowerment program as a preparation of discharge planning to the functional status of patient with stroke and family preparedness to caregiving stroke survivor

Liya Arista, author

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Abstrak

Stroke merupakan kondisi hilangnya fungsi otak karena gangguan aliran darah otak terjadi lebih dari 24 jam. Stroke berdampak fisik maupun mental sehingga klien stroke bergantung kepada keluarga serta membutuhkan perawatan dan pemulihan jangka panjang. Tujuan penelitian untuk mengetahui pengaruh program pemberdayaan keluarga terhadap status fungsional klien dan kesiapan keluarga merawat klien stroke. Desain penelitian quasi experiment dengan pendekatan control group pretest posttest design pada 25 responden meliputi 12 orang kelompok kontrol dan 13 orang kelompok intervensi. Hasil penelitian menunjukkan tidak terdapat perbedaan yang bermakna status fungsional klien antara kelompok kontrol dan intervensi setelah program pemberdayaan. Namun, terdapat perbedaan yang bermakna kesiapan keluarga merawat klien stroke antara kelompok kontrol dan intervensi ( $p = 0,004$  pada  $\alpha = 0,05$ ). Oleh karena itu, pemberian program pemberdayaan keluarga direkomendasikan sebagai intervensi keperawatan untuk mempersiapkan keluarga melaksanakan perawatan terutama ketika klien stroke pulang ke rumah.

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Stroke is a condition of brain function loss due to disturbance in cerebral blood flow that occurs more than 24 hours. The difficulties and dysfunction are caused by brain damage entail long-term disorders of physical and mental balance, so that the patients depend on their families. The aim of this study was to assess the impact of the family empowerment program on the functional status of patients after stroke and also family preparedness to taking care the patients at home. The study design was a quasi-experiment design with pretest-posttest control group approach using 25 respondents. Groups were divided into a control group ( $n=12$ ) and intervention group ( $n=13$ ).

The results showed that is no significant difference between functional status in both groups after the intervention, but there is a significant difference in family preparedness to taking care for stroke survivors between the control and intervention groups ( $p = 0.004$  at  $\alpha = 0.05$ ). Based on the results, the provision of family empowerment program as a preparation for discharge planning could be one of the nursing interventions for families to giving a care for stroke survivors at home.