

# Efektivitas Model Pemberdayaan Perawat, Kader, Keluarga, dan Klien (P2K3) Terhadap Kemandirian Klien Tuberkulosis Paru dalam Melakukan Perawatan Diri di Kota Depok = The Effectiveness of Nurse, Community Workers, Family, and Clients Empowerment Model Towards The Level of Pulmonary TB Clients? Self Care Independence in Depok 2014

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## Abstrak

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Pengendalian TB paru di Kota Depok masih berorientasi pada pelaksanaan program pengendalian TB nasional, belum terintegrasi dengan pelaksanaan Perawatan Kesehatan Masyarakat sehingga klien TB belum mandiri melakukan perawatan TB. Model P2K3 dikembangkan berdasarkan integrasi model perawatan diri, model perawatan berbasis komunitas dan pendekatan perawatan yang berpusat pada klien. Penelitian ini bertujuan untuk mengetahui efektivitas model pemberdayaan perawat, kader, keluarga dan klien (P2K3) terhadap tingkat kemandirian klien dalam perawatan TB Paru, menggunakan desain kuasi eksperimen pre-post test pada dua kelompok. Penelitian dilakukan di 15 wilayah kerja Puskesmas di Kota Depok dengan kasus TB tertinggi. Penelitian terdiri dari tahap pengembangan model dan pengujian efektivitas model. Sampel diambil secara purposif sebanyak 108, terdiri dari 54 kelompok kontrol dan 54 kelompok intervensi. Hasil menunjukkan model P2K3 efektif untuk meningkatkan kemandirian klien TB Paru sebesar 40,2%. Penerapan model ini perlu didukung dengan kebijakan pelayanan kesehatan dari Dinas Kesehatan. Model P2K3 dan modulnya direkomendasikan digunakan oleh perawat di komunitas sebagai acuan pemberdayaan kader, keluarga dan klien TB Paru;

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<b>ABSTRACT</b><br>

Pulmonary tuberculosis control in Depok has not been integrated to the implementation of the Community Health Care Program, so that the clients? self-care independence in their TB treatment still low. The nurse, community workers, family and clients empowerment model was developed based on integration of self-care model, community based care model, and patient centered care approach. This study aims to determine the effectiveness of nurse, health volunteers, family and clients empowerment model to the level of pulmonary tuberculosis clients? self-care independence that applied quasi-experimental design with nonequivalent group pretest-posttest method. This study consisted of model development and testing of the model?s effectiveness. It was held in 15 areas of Public Health Centers in Depok that have high prevalence of TB cases. The samples size were 108 that taken purposively. It was consisted of 54 the control group and 54 intervention group. The result showed that the model is effective for improving pulmonary tuberculosis clients? level of self-care independence as 40,2%. The application of this model needs to be supported by the policy of the Health Office Authority. This model was recommended to implement by nurses in the community as referral to empower community workers, family and pulmonary TB clients, Pulmonary tuberculosis control in Depok has not been integrated to the implementation of the Community Health Care Program, so that the clients? self-care independence in their TB treatment still low. The nurse, community

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