

Pengaruh penerapan program discharge planning terstruktur terhadap kemampuan self care pasien gagal jantung = Self-care improvement in heart failure patients through a structured discharge planning program

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Abstrak

Self care penderita gagal jantung merupakan penentu keberhasilan perawatan. Self care membutuhkan pengetahuan dan keterampilan yang dapat diberikan melalui discharge planning sejak penderita dirawat. Discharge planning yang tidak maksimal memberikan pengaruh langsung dan menyebabkan rehospitalisasi serta penambahan lama perawatan. Discharge planning membutuhkan kolaborasi multidisiplin, pasien harus terlibat aktif dalam pelaksanaannya. Di Indonesia, rumah sakit mempunyai kewenangan mengatur pelaksanaan discharge planning, namun pada kenyataannya discharge planning disusun hanya dalam bentuk ringkasan yang akan disampaikan seperti jadwal kunjungan dan obat – obatan. Tujuan: mengidentifikasi pengaruh discharge planning terstruktur terhadap self care. Metode: quasy experiment dengan 46 menggunakan 3 kuisisioner dan analisis meliputi univariat dan bivariat (beda 2 mean). Hasil: terdapat beda mean yang signifikan sebelum dan sesudah intervensi pada kelompok intervensi. Kesimpulan: terdapat pengaruh pemberian discharge planning terhadap self care. Rekomendasi: dalam perawatan gagal jantung, discharge planning menjadi bagian penting untuk memaksimalkan perawatan dan self care.

.....Self-care of patients with heart failure is a determinant treatment to success. Patient's self-care requires knowledge and skills that can be provided through a program of discharge planning since the patient is admitted to the hospital. The discharge planning program that is not optimally given to the patient will produce direct effect and cause re-hospitalization and possible extended hospital stay. The implementation of the discharge planning requires multidisciplinary collaboration and the patient must be actively involved in the practice. In Indonesia, hospitals have authorities to regulate the implementation of discharge planning program, but in reality, what they said a discharge planning is consists of only a form of medical summary that concluded with a schedule of visits and medicines to be consumed. The objective of the study was to identify the effect of structured discharge planning structured on self-care of patients with heart failure. Method: A quasy experimental study has involved 46 subjects, used 3 different questionnaire and analysis included univariate and bivariate (Two Difference mean). The result showed that there is a significant difference mean before and after intervention in the treatment group. Conclusion: There is a significant effect of structured discharge planning on self-care. Recommendation: A structured discharge planning program becomes an important part of caring for patients with heart failure in order to maximize nursing care and self-care ability of the patients.