

## Pengalaman Suku Dayak dengan Penyakit Kronik dalam Menjalani Rawat Jalan Selama Pandemi COVID-19 = The Experiences of Dayak Tribes with Chronic Illness Diseases Patients in Outpatients Care Unit During Pendency COVID-19

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### Abstrak

Penyakit kronis kondisi yang berlangsung kurang lebih satu tahun dan memerlukan perawatan medis yang berkelanjutan sepanjang hidupnya. Dampak lanjut dari pandemi COVID-19 berupa tekanan psikologis bagi pasien yang menderita penyakit kronis yang disebabkan oleh penyakit komorbid, sehingga rentan terhadap paparan virus COVID-19 dan ketidakstabilan ekonomi memberikan konsekuensi adanya rasa kecemasan akibat pandemi COVID-19. Penelitian ini bertujuan untuk mengetahui persepsi pasien Dayak dengan penyakit kronis, perubahan yang mereka alami selama pandemi COVID-19 ini mengenai perubahan yang dirasakan, serta hambatan yang dirasakan dalam menjalani rawat jalan selama pandemi COVID-19 ini menurut persepsi pasien. Penelitian ini menggunakan pendekatan deskriptif kualitatif dengan metode wawancara. Partisipan berjumlah 12 orang dari Rumah Sakit Doris Sylvanus dan Rumah Sakit Bhayangkara yang dipilih melalui teknik Purposive Sampling. Terdapat 4 tema yang dihasilkan dalam penelitian ini yaitu kecemasan tertular COVID-19 saat kontrol rutin di poliklinik selama pandemi COVID-19, perubahan yang dialami saat Pandemi COVID-19, upaya tradisional suku dayak menjaga kesehatan selama pandemi COVID-19, hambatan dalam menjalani kontrol rutin di poliklinik rawat jalan. Temuan tersebut menunjukkan pasien penyakit kronis mengalami kecemasan selama awal pandemi COVID-19 sehingga mengalami perubahan di dalam kehidupannya yaitu penerapan PHBS yang menjadi kebiasaan sehari-hari, pembatasan aktivitas diluar, masalah financial dirasakan pada beberapa pasien penyakit kronis, pengembangan manajemen mekanisme coping, menggunakan ramuan dan tindakan tradisional sebagai upaya menjaga kesehatan, serta kecemasan, masalah transportasi dan akomodasi menjadi hambatan bagi pasien penyakit kronis untuk melakukan kontrol rawat jalan. Tenaga keperawatan di unit rawat jalan dapat menyediakan tempat duduk yang sesuai dengan protokol kesehatan dan manajemen layanan rawat jalan agar waktu antrian tidak lama serta menghindari kerumunan, sehingga capaian peningkatan kualitas hidup dan kepatuhan pasien melaksanakan kontrol rutin pengobatan dapat di maksimalkan.

.....A chronic disease is a condition that lasts longer than one year and requires lifelong medical attention. The COVID-19 pandemic has also caused patients with chronic conditions, some of whom have comorbidities, to experience psychological stress. As the result, they are dominantly vulnerable to contracting the COVID-19 virus, economic instability during the COVID-19 pandemic causes anxiety to increase. This study aimed to investigate the perceptions of Dayak patients with chronic illnesses, the changes that they underwent during outpatient care during the COVID-19 pandemic, and the challenges they perspective from their point of view. This study uses a qualitative descriptive approach with the interview method. There were 12 participants from Doris Sylvanus Hospital and Bhayangkara Hospital who were selected through the Purposive Sampling technique. There are four main themes: the fear of contracting COVID-19 during routine control at the polyclinic during the COVID-19 pandemic, changes experienced during the pandemic, the traditional efforts of the Dayak community to maintain health during the pandemic,

and the challenges in undergoing routine control in outpatient clinics. The results of this study indicate that anxiety has been experienced since the beginning of the pandemic, this affects their way of life, causing changes including the prohibition of doing outdoor activities and implementing PHBS daily. In an effort to maintain their health, they learn to manage coping strategies, overcome financial difficulties during the pandemic, and use traditional ingredients and methods. Barriers they face during outpatient control are anxiety, transportation and accommodation problems. As for suggestions in this study, nursing staff in outpatient units can provide seats in accordance with health protocols and manage outpatient services so that queue times are not long so as to avoid crowds, so as to achieve an increase in the quality of life and patients. compliance in carrying out routine control of treatment can be achieved and maximized.