

Penanganan masalah ketidakefektifan pemeliharaan kesehatan pasien skizofrenia melalui acceptance and commitment therapy dengan pendekatan self-transcendence theory = Handling the problem of ineffective health care of schizophrenic patients through acceptance and commitment therapy with self-transcendence theory approach

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Abstrak

Latar Belakang: Kekambuhan masih menjadi masalah utama pada pasien skizofrenia sehingga membutuhkan pelayanan kesehatan jiwa yang tepat serta efektif dan efisien. Pelayanan kesehatan jiwa diberikan pada pasien skizofrenia untuk mencegah kekambuhan melalui penentuan diagnosis ketidakefektifan pemeliharaan kesehatan (KPK) menggunakan terapi Acceptance and commitment therapy (ACT) dengan pendekatan Self-transcendence theory (STT).

Tujuan: penulisan karya ilmiah akhir spesialis ini sebagai tindakan pencegahan kekambuhan melalui penanganan KPK menggunakan ACT dengan pendekatan STT.

Metodologi: Desain penulisan karya ilmiah akhir spesialis ini adalah case series penatalaksanaan KPK menggunakan terapi spesialis ACT dengan pendekatan KPK di ruang Utari RSJ Dr. Marzoeki Mahdi Bogor. Jumlah pasien kelolaan sebanyak 20, instrumen yang digunakan adalah instrument tanda dan gejala KPK, instrument kemampuan KPK yang dikeluarkan oleh departemen keperawatan jiwa FIK UI, instrument Birchwood Insight Scale (BIS) dan instrument kepatuhan minum obat.

Hasil: terjadi penurunan tanda dan gejala KPK serta peningkatan kemampuan pasien KPK, peningkatan insight dan peningkatan kepatuhan minum obat melalui setelah pelaksanaan terapi.

Kesimpulan: ACT dapat digunakan dengan pendekatan self-transcendence theory untuk pencegahan kekambuhan melalui penanganan masalah KPK.

.....Introduction: Relapse is still a major problem in schizophrenic patients, so it requires appropriate, effective and efficient mental health services. Mental health services are provided to schizophrenic patients to prevent relapse through determining the diagnosis of health maintenance care (KPK) using Acceptance and commitment therapy (ACT) with a Self-transcendence theory (STT) approach. Purpose: writing this specialist's final scientific paper as an action to prevent recurrence through the handling of the KPK using ACT with the STT approach.

Methods: The design for writing this specialist final scientific paper is a case series on the management of the KPK using ACT specialist therapy with the KPK approach in the Utari room of Dr. RSJ. Marzoeki Mahdi Bogor. The number of patients managed was 20, the instruments used were the KPK signs and symptoms instrument, the KPK capability instrument issued by the psychiatric nursing department of FIK UI, the Birchwood Insight Scale (BIS) instrument and the medication adherence instrument.

Results: there was a decrease in signs and symptoms of KPK as well as an increase in the ability of KPK patients, increased insight and increased adherence to taking medication after the implementation of therapy.

Conclusion: ACT can be used with a self-transcendence theory approach to prevent recurrence through handling KPK problems.