

Efektivitas Model Asuhan Keperawatan Berbasis Kemitraan Multidisiplin (KMD) dalam Mempertahankan Status Fungsional dan Meningkatkan Kualitas Hidup Lansia di Panti = Effectiveness of Multidisciplinary Partnership-Based Nursing Care Model (KMD) in Maintaining Functional Status and Improving Quality of Life of Elderly in Nursing Homes

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Abstrak

Latar belakang: Peningkatan usia harapan hidup dan jumlah lansia yang tinggal di panti menimbulkan tantangan dalam mempertahankan status fungsional dan kualitas hidup mereka. Intervensi Model KMD diharapkan dapat membantu mempertahankan status fungsional serta meningkatkan kualitas hidup lansia. Tujuan: Menilai efektivitas Model KMD dalam mempertahankan status fungsional dan meningkatkan kualitas hidup lansia di panti. Metodologi: Penelitian menggunakan desain riset operasional tiga tahap. Tahap pertama fenomenologi deskriptif melibatkan 64 tim multidisiplin, tahap kedua pengembangan model melibatkan 4 pakar dan 7 tim multidisiplin, dan tahap ketiga pre test and post test design melibatkan 47 tim multidisiplin serta 328 lansia dengan purposive sampling. Hasil: Tersusun sepuluh tema dasar untuk pengembangan model, termasuk tiga modul perangkat Model KMD. Tidak ditemukan perbedaan signifikan pada status fungsional lansia ($p=0,079$), kualitas hidup umum ($p=0,307$), dan kualitas hidup kesehatan ($p=0,386$) antara kelompok intervensi dan kontrol. Namun, kelompok intervensi menunjukkan peningkatan rata-rata kualitas hidup pada aspek umum, psikologis, dan sosial. Simpulan: Model KMD efektif dalam mengubah perilaku tim multidisiplin dan mempertahankan status fungsional lansia, khususnya lansia dengan disabilitas ringan hingga sedang, serta meningkatkan kualitas hidup lansia, terutama dalam ranah umum, psikologi, dan sosial. Saran: Model KMD diterapkan dalam waktu lama dengan kelompok homogen untuk memperkuat kapasitas pelayanan lansia di panti.

.....Background: Increasing life expectancy and the number of older people living in institutions pose challenges in maintaining their functional status and quality of life. The KMD Model intervention is expected to help maintain the functional status and improve the quality of life of the elderly. Objectives: To assess the effectiveness of the KMD Model in maintaining functional status and improving quality of life of older adults in nursing homes. Methodology: A three-stage operational research design was used. The first stage descriptive phenomenology involved 64 multidisciplinary teams, the second stage model development involved 4 experts and 7 multidisciplinary teams, and the third stage pre test and post test design involved 47 multidisciplinary teams and 328 elderly with purposive sampling. Results: ten basic themes for model development, including three modules of the KMD Model toolkit. No significant differences were found in the functional status of the elderly ($p=0.079$), general quality of life ($p=0.307$), and health quality of life ($p=0.386$) between the intervention and control groups. However, the intervention group showed an increase in the average quality of life in general, psychological, and social aspects. Conclusion: The KMD model is effective in changing the behavior of the multidisciplinary team and maintaining the functional status of the elderly, especially the elderly with mild to moderate disabilities, and improving the quality of life of the elderly, especially in the general, psychological, and social domains. Suggestion: The KMD model should

be applied for a long time with homogeneous groups to strengthen the capacity of elderly services in nursing homes.