

Pengalaman kepatuhan perawatan mandiri pada pasien hipertensi di RSI Siti Hajar Kota Tegal = Phenomenology studies: experience of patients self-care adherence on patients with hypertension at outpatient clinic RSI Siti Hajar Kota Tegal

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Abstrak

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Kepatuhan pasien menjadi hal utama dalam keberhasilan perawatan mandiri pada pasien hipertensi. Penelitian menggunakan metode penelitian kualitatif dan pendekatan fenomenologi dengan hasil 6 tema, yaitu pengalaman kepatuhan kontrol, pengalaman menangani gejala dan komplikasi, pengalaman kepatuhan minum obat, pengalaman kepatuhan mengelola, kurang patuh berolahraga, dan kendala untuk patuh. Pengetahuan pasien dan peran keluarga dapat meningkatkan kepatuhan kontrol dan minum obat. Kurangnya dukungan keluarga dan aktivitas sosial partisipan merupakan kendala dalam kepatuhan terutama diet dan olahraga. Hasil penelitian berimplikasi untuk konseling hipertensi ketika pasien kontrol serta melibatkan peran anggota keluarga sebagai upaya meningkatkan kesadaran dan kepatuhan pasien hipertensi terhadap perawatan mandiri.

ABSTRACT

Patient adherence to be the main thing in the success of self-care in patients with hypertension. Research using qualitative research methods and approaches to the phenomenology and had six themes: experience of adherence to visit, experience of dealing with the symptoms and complications, experience of adherence for taking drug, experience of adherence to manage diet, non adherence to exercise, and difficulties in implementing adherence. Knowledge of the patient and family roles could improve adherence for taking drug and visiting routine. Lack of family support and social activities of the participants were difficulties in patients adherence, especially for diet and exercise. The results had implications for counseling patients with hypertension when patients visit the hospital and involve the role of family members as an effort to improve the awareness and adherence of self-care of hypertension