

Penerapan Kartu Perawatan Mandiri Nyeri Sendi (KAPERMANS) dalam mengatasi gangguan mobilitas fisik akibat osteoarthritis pada kelompok Lansia di Kelurahan Sukatani Kota Depok = Application of Joint Pain Selfcare Card (KAPERMANS) in overcoming the mobility impaired physical result osteoarthritis in the Elderly group Sukatani Depok

Adelina Mailuhu, author

Deskripsi Lengkap: <https://lib.ui.ac.id/detail?id=20417218&lokasi=lokal>

Abstrak

[ABSTRAK
 Peningkatan jumlah lanjut usia (Lansia) di dunia termasuk di Indonesia membawa dampak yang sangat besar bagi kesehatan lansia yaitu munculnya penyakit degeneratif yang multifatologis salah satunya adalah penyakit persendian akibat gangguan muskuloskeletal. Jawa Barat termasuk: memiliki penyakit persendian sebesar 24,7%, Keluhan yang paling sering muncul akibat gangguan muskuloskeletal adalah nyeri sendi, kekakuan dan hambatan gerak. Intervensi yang dilakukan untuk mengatasi masalah tersebut melalui pengembangan inovasi program perawatan mandiri dengan penerapan Kartu Perawatan Mandiri Nyeri sendi (KAPERMANS) terhadap penurunan nyeri sendi. Aktivitas yang didokumentasikan pada KAPERMANS adalah jalan santai, latihan ROM dan Hidroterapi. Hasil menunjukkan terjadi penurunan nyeri sendi ($p=0,044$) kekakuan sendi ($p=0,032$) dan hambatan gerak ($p=0,044$). Terjadi peningkatan pengetahuan perawat, kader dan lansia. Kesimpulan KAPERMANS terbukti efektif menurunkan nyeri sendi, kekakuan dan hambatan gerak pada lansia.]

ABSTRACT
 Increasing the number of elderly (Elderly) in the world, including in Indonesia, bringing enormous impact for the health of the elderly, namely the emergence of degenerative diseases multifatologis one of which is a disease of the joints due to musculoskeletal disorders. West Java including having joint disease by 24.7%, the most frequent complaint arises due to musculoskeletal disorders are joint pain, stiffness and motion constraints. Interventions to overcome these problems through the development of innovative self-care program with the implementation of Joint Pain Self Care Card (KAPERMANS) to decrease joint pain. KAPERMANS activity is documented in a relaxed way, ROM exercises and hydrotherapy. Results showed a decrease joint pain ($p = 0.044$) joint stiffness ($p = 0.032$) and overcome barriers to movement ($p = 0.044$). Increase in knowledge of nurses, cadres and the elderly. Conclusion KAPERMANS proven effective in lowering joint pain, stiffness and motion barriers in the elderly., Increasing the number of elderly (Elderly) in the world, including in Indonesia,

bringing enormous impact for the health of the elderly, namely the emergence of degenerative diseases multifatologis one of which is a disease of the joints due to musculoskeletal disorders. West Java including having joint disease by 24.7%,

the most frequent complaint arises due to musculoskeletal disorders are joint pain, stiffness and motion constraints. Interventions to overcome these problems through the development of innovative self-care programs with the implementation of Joint Pain Self Care Card (KAPERMANS) to decrease joint pain.

KAPERMANS activity is documented in a relaxed way, ROM exercises and hydrotherapy. Results showed a decrease in joint pain ($p = 0.044$), joint stiffness ($p = 0.032$) and overcome barriers to movement ($p = 0.044$). Increase in knowledge of nurses, cadres and the elderly. Conclusion KAPERMANS proven effective in lowering joint pain, stiffness and motion barriers in the elderly.]