

Pengaruh program edukasi mengenai gangguan berkemih neurogenik pada pasien cedera medulla spinalis di rsup fatmawati = Effect of educational program about neurogenic bladder in patient with spinal cord injury at fatmawati hospital

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Abstrak

Tujuan: Menilai manfaat edukasi mengenai gangguan berkemih neurogenik pada pasien cedera medulla spinalis (CMS) di RSUP Fatmawati terhadap pengetahuan dan kemampuan mengatasi masalah.

Metode: Desain studi eksperimental. Subyek 22 orang pasien paraplegi karena CMS dengan gangguan berkemih neurogenik yang dirawat pertama kali di RSUP Fatmawati. Subyek diberikan program edukasi yang terdiri dari 7 topik selama rentang 3 minggu. Dilakukan penilaian pengetahuan dan kemampuan masalah dengan menggunakan kuesioner pada awal penelitian, pasca pemberian edukasi, dan 3 bulan pasca edukasi. Selain itu dilakukan penilaian kepentingan topik edukasi menurut subyek dengan skala Likert.

Hasil: 22 subyek menyelesaikan penilaian awal dan pasca edukasi, namun hanya 18 orang yang dapat dihubungi saat follow up 3 bulan. Terdapat peningkatan pengetahuan yang bermakna antara awal dan pasca edukasi ($p=0,033$), pasca edukasi dan follow up ($p=0,047$). Terdapat peningkatan yang bermakna pada kemampuan menyelesaikan masalah antara awal dan pasca edukasi ($p=0,000$), tidak terdapat perubahan bermakna antara pasca edukasi dan follow up ($p=0,157$). Seluruh topik edukasi yang diberikan dianggap penting oleh subyek.

Kesimpulan: Terdapat peningkatan pengetahuan dan kemampuan menyelesaikan masalah setelah pemberian edukasi, dan terdapat retensi sampai dengan 3 bulan pasca edukasi. Pemberian program edukasi mengenai gangguan berkemih neurogenik pada pasien CMS penting untuk meningkatkan pengetahuan dan kemampuan menyelesaikan masalah, serta mencegah komplikasi urologis.

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Objective : To evaluate the effect of educational program in neurogenic bladder for spinal cord injury patient at Fatmawati General Hospital in improving knowledge and problem solving skill.

Methods : This is a experimental study. Twenty two paraplegic SCI patients with neurogenic bladder in Fatmawati hospital was included in this study. The subjects was given educational program which consist of 7 topics in 3 weeks period. Questionnaire for evaluating knowledge and problem solving skill was given at the beginning of the study, after completion of education program, and 3 months after education. A likert scale-based questionnaire also given at the end of education to assess patient?s perception of importance regarding the education topics.

Results : All subjects finished the initial and post education assessment, but only 18 subjects finished follow up evaluation. There was significant difference in knowledge between initial and post education assessment ($p=0.033$) and between post education and follow up ($p=0.047$). There was significant improvement in problem solving skill between initial and post education assessment ($p=0.000$) and no significant difference between post education and follow up ($p=0.157$). All topics given perceived as important by all the subjects.

Conclusion : There is a significant improvement in knowledge and problem solving skill after educational program, and there is retention up to 3 months after education. Educational program in neurogenic bladder

for patients with SCI during hospital stay is important in improving patient's knowledge and problem solving skill also for prevention of urological complication.