

Implementasi Praktik Keperawatan Gerakan Lansia Sadar Hipertensi Melalui Pendekatan Coaching Perawatan Diri di Kelurahan Cisalak Pasar Kecamatan Cimanggis Kota Depok = Implementation of Nursing Practice in The Movement of The Elderly Aware of Hypertension Through Self Care Coaching Approach in Cisalak Pasar, Cimanggis , Depok City

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Abstrak

Pendahuluan : Lanjut usia(lansia)merupakan kelompok rentan yang memiliki risiko tinggi masalah kesehatan. Masalah kesehatan yang banyak terjadi pada lansia adalah Penyakit Tidak Menular salah satunya adalah hipertensi. Hipertensi jika tidak dicegah dan dikendalikan akan menimbulkan dampak bagi individu, keluarga, masyarakat maupun pemerintah. Tujuan: untuk memberikan gambaran pelaksanaan model intervensi yang terintegrasi dalam pelayanan dan asuhan keperawatan komunitas melalui integrasi teori dan model community as partner, family centered nursing, konsekuensi fungsional, health promotion model dan self care chronic illness dan fungsi manajemen pada lansia dengan masalah hipertensi di Kelurahan Cisalak Pasar, Kecamatan Cimanggis, Kota Depok. Metode : Penulisan karya akhir ini menggunakan metode Evidence Base Nursing Practice pada 100 orang lansia dalam bentuk Gerakan Lansia Sadar Hipertensi melalui Pendekatan Coaching Perawatan Diri yang merupakan inovasi yang dapat mencegah dan mengendalikan masalah hipertensi pada lansia. Diskusi: Intervensi menunjukkan terjadi peningkatan pengetahuan, sikap dan keterampilan ($p=0,000$) perawatan diri lansia dengan hipertensi dan penurunan tekanan darah ($p=0,000$). Model intervensi ini direkomendasikan untuk lansia karena coaching sesuai dengan perubahan fisiologis dan penurunan intelektual sebagai proses terjadinya penuaan pada lansia, bisa dilakukan secara perorangan maupun berkelompok.

.....Introduction: Elderly people (elderly) are vulnerable groups that have a high risk of health problems. Many health problems that occur in the elderly are non-communicable diseases, one of which is hypertension. Hypertension if not prevented and controlled will have an impact on individuals, families, communities and the government. Objective: to provide an overview of the implementation of integrated intervention models in community nursing services and care through the integration of theories and models of community as partners, family centered nursing, functional consequences, health promotion model and self care chronic illness and management functions in elderly people with hypertension problems in the Kelurahan Cisalak Pasar, Cimanggis District, Depok City. Method: The writing of this final paper uses the Evidence Base Nursing Practice method for 100 elderly people in the form of Hypertension Elderly Conscious Movement through the Coaching Approach to Self Care which is an innovation that can prevent and control hypertension problems in the elderly. Discussion: Interventions showed an increase in knowledge, attitudes and skills ($p = 0,000$) elderly self-care with hypertension and a decrease in blood pressure ($p = 0,000$). This intervention model is recommended for the elderly because coaching is in accordance with physiological changes and intellectual decline as a process of aging in the elderly, can be done individually or in groups.