

# Pengalaman perawat puskesmas dalam upaya promotif dan preventif PTM di Kota Depok: studi fenomenologi = The experience of community health nurse on the implementation to promote and prevent NCD in Depok City: a phenomenology study / Rizkiyani Istifada

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## Abstrak

Penyakit Tidak Menular (PTM) menjadi salah satu prioritas permasalahan yang harus diselesaikan saat ini. Perawat puskesmas sebagai garda terdepan diharapkan dapat memengaruhi perubahan positif pada masyarakat, khususnya mengenai pengendalian PTM di Kota Depok. Tujuan penelitian ini bertujuan untuk mendapatkan gambaran tentang pengalaman perawat dalam melaksanakan upaya promotif dan preventif PTM. Penelitian ini menggunakan studi fenomenologi deskriptif dengan wawancara mendalam semi berstruktur. Jumlah partisipan yang terlibat dalam penelitian adalah 16 perawat di seluruh UPT Puskesmas Kota Depok yang dipilih dengan menggunakan teknik purposive sampling. Penelitian ini menggunakan pendekatan analisis Colaizzi yang menghasilkan 7 tema, yaitu (1) berbagai strategi promosi kesehatan dan pencegahan PTM, (2) tantangan pelaksanaan promosi kesehatan dan pencegahan PTM, (3) dukungan yang dibutuhkan dalam pelaksanaan promosi kesehatan dan pencegahan PTM, (4) isi promosi dan pencegahan, (5) proses penyampaian informasi dalam melakukan upaya promosi dan preventif, (6) menghargai tugas/pekerjaan sebagai makna dari pengalaman melakukan upaya promosi kesehatan dan pencegahan PTM, (7) peningkatan hasil layanan kesehatan primer. Perawat Puskesmas di Kota Depok melaksanakan upaya promotif dan preventif PTM sesuai dengan konsep dan teori, namun beberapa hal masih membutuhkan perbaikan agar tercapainya pelayanan kesehatan secara holistik dan komprehensif. Perawat diharapkan melibatkan semua lintas sektor dalam pelaksanaan upaya promotif dan preventif PTM di Kota Depok.

Non-communicable diseases (NCD) is one of the priority problems that must be resolved at this time. Community health nurses as the frontline are expected to be able for influence positive of changes in the community, especially regarding NCD control in Depok City. The aim of this study was to obtain an overview of the experience of community health nurses in implementing NCD's promotive and preventive. This research used a descriptive phenomenology study with in-depth semi structured interview. Total participants were 16 nurses from all of UPT Puskesmas in Depok City that were using a purposive technique sampling. This research used a Colaizzi analysis approach that resulted seven themes, were (1) various strategies of NCD's health promotion and prevention, (2) the challenges in implementing of NCD's health promotion and prevention, (3) the support needed in implementing of NCD's health promotion and prevention, (4) the content of promotion and prevention, (5) the process of delivering information in implementing of promotion and prevention, (6) the valuing tasks as meaning from experience of NCD's health promotion and prevention, (7) the improving of primary health care. Nurses in primary health care at Depok City to implementation of NCD's promotive/preventive in accordance with concepts and theories, but somethings still need improvement to achieve holistic and comprehensive of the health services. Nurses were expected to involve all of sectors in implementing of NCD's promotive/preventive in Depok City.