

## Hubungan kewaspadaan pada pasien risiko tinggi stroke dengan penanganan prehospital stroke = The relationship between awareness among patients at high risk for stroke and prehospital stroke action.

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### Abstrak

Stroke merupakan salah satu penyebab utama kematian. Stroke memiliki berbagai faktor risiko mayor yang dapat diubah (*modifiable risk factor*) antara lain hipertensi, diabetes melitus, atrial fibrilasi, dan hiperkolesterol. Pengetahuan mengenai tanda dan gejala stroke, faktor risiko, dan perilaku pencegahan faktor risiko stroke dapat dikembangkan menjadi sikap waspada yang menjadi dasar dalam mengambil tindakan yang sesuai apabila terjadi serangan stroke sehingga menurunkan kejadian morbiditas dan mortalitas. Tujuan dari penelitian ini adalah untuk melihat hubungan kewaspadaan pada pasien risiko tinggi stroke dengan penanganan *prehospital* stroke. Kewaspadaan pada pasien risiko tinggi stroke diukur menggunakan kuesioner *Knowledge, Attitude, and Practice* (KAP) *of Stroke*. Sedangkan, penanganan *prehospital* stroke menggunakan kuesioner *The Stroke Action Test* (STAT). Penelitian ini menggunakan desain *cross-sectional* dan teknik *purposive sampling* yang melibatkan 144 responden. Hasil penelitian ini menunjukkan bahwa usia terbanyak responden berada pada rentang 36-40 tahun, sebanyak 56,3% berjenis kelamin perempuan, 53,5% memiliki jenjang pendidikan perguruan tinggi, 42,4% adalah suku Jawa, 43,8% memiliki penghasilan perbulan â?¥Rp3.300.000, sebanyak 45,8% mengenal seseorang yang mengalami stroke, 87,5% bukan perokok dan 38,2% adalah pasien hipertensi. 47,9% responden memiliki kewaspadaan tinggi, 52,1% responden memiliki kewaspadaan yang rendah, sebanyak 49,3% memiliki penanganan *prehospital* yang sesuai dan 50,7% responden memiliki sikap penanganan *prehospital* yang tidak sesuai. Terdapat hubungan bermakna antara kewaspadaan pada pasien risiko tinggi stroke dengan penanganan *prehospital* stroke ( $p=0,000$ ;  $\Delta\pm=0,05$ ). Edukasi mengenai tanda gejala dan faktor risiko stroke penting dilakukan untuk meningkatkan kemampuan penanganan *prehospital* stroke apabila terjadi serangan stroke.

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Stroke is one of the major cause of death. Stroke has a variety of major risk factors that can be changed (*modifiable risk factors*), including hypertension, diabetes mellitus, atrial fibrillation, and hypercholesterolemia. Knowledge about the signs and symptoms of stroke, risk factors, and prevention behaviour of stroke risk factors can be developed into awareness that is the basis for taking appropriate action in the event of a stroke to reduce the incidence of morbidity and mortality. This study aims to identify the relationship between awareness among patients at high risk for stroke and prehospital stroke action. Stroke awareness was measured by the Knowledge, Attitude, and Practice (KAP) of Stroke instrument. Meanwhile, prehospital stroke action was measured by the Stroke Action Test (STAT) instrument. This study used a cross-sectional design and purposive sampling technique involving 144 respondents. The result shows that most respondents were in the range of 36-40 years, 56.3% were female, 53.5% had tertiary education, 42.4% were Javanese, 43.8% had a monthly income of â?¥ IDR 300,000, 45.8% knew someone who had stroke, 87.5% were non-smokers, and 38.2% were hypertensive patients. 47.9% of respondents had

high awareness, 52,1% of respondents had low awareness, 49,3% respondent had corresponding prehospital stroke action, and 50,7% of respondents had noncorresponding prehospital stroke action. There was a significant relationship between awareness among patients at high risk for stroke and prehospital stroke action ( $p\text{-value} = 0,000$ ;  $\hat{\Delta} \pm 0.05$ ). The higher awareness stroke, the better management of prehospital. Based on these findings, Education and information are needed among patients at high risk for stroke to increase stroke awareness and develop their ability of prehospital stroke action.