

# Pengembangan Model Asuhan Keperawatan Mandiri Keluarga dengan Balita Pneumonia (ASTANIA) Berbasis Pelayanan Terpadu (Integrated Service Delivery) di RSUD DKI Jakarta = Developmental of Self-Care Nursing Model for Families with Toddler with Pneumonia (ASTANIA) Based on Integrated Service Delivery in DKI Jakarta Hospital

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## Abstrak

Rendahnya pengetahuan keluarga dan tidak adanya pengawasan dari petugas kesehatan pasca rawat inap, dapat menyebabkan anak mengalami berbagai masalah kesehatan dan berisiko untuk rawat ulang. Tujuan penelitian ini adalah terbentuknya model asuhan keperawatan mandiri keluarga dengan anak balita pneumonia (ASTANIA) dan pengaruhnya terhadap kemandirian keluarga dalam merawat anak balita dengan pneumonia. Penelitian ini menggunakan metode kualitatif dan kuantitatif melalui tiga tahapan; Tahap I yaitu mengidentifikasi kebutuhan keluarga dengan balita pneumonia melalui wawancara mendalam terhadap 10 orangtua anak dengan pneumonia yang dirawat di rumah sakit, data dianalisis secara tematik; Tahap II yaitu pengembangan model asuhan keperawatan mandiri keluarga dengan balita pneumonia berdasarkan hasil penelitian tahap I; Tahap III yaitu uji coba model ASTANIA, dengan metode *quasi eksperimen pre-post test with control group* terhadap 38 responden kelompok intervensi dan 38 responden kelompok kontrol. Hasil analisis data membuktikan bahwa setelah dilakukan intervensi selama tiga bulan terjadi peningkatan perilaku (pengetahuan, persepsi dan keterampilan) dan kemandirian keluarga dalam merawat balita dengan pneumonia. Kesimpulan: Model ASTANIA berpengaruh pada perilaku dan tingkat kemandirian keluarga dengan balita pneumonia. Rekomendasi: perlunya pelatihan bagi perawat di rumah sakit tentang perencanaan pulang yang terstruktur dan komprehensif khususnya pada balita dengan pneumonia dan perlunya komitmen perawat kesehatan masyarakat dalam memantau kesehatan balita pasca rawat melalui kunjungan rumah secara terjadwal untuk meningkatkan kemandirian keluarga dan mencegah terjadinya kekambuhan.

**Kata Kunci:** ASTANIA; Kemandirian keluarga; Anak dengan pneumonia; Perkesmas.

Low family knowledge and lack of supervision from post-hospitalized health workers, can cause children to experience various health problems and in risk for re-admission. The purpose of this study is the establishment of a model of family independent care for children under five with pneumonia (ASTANIA) and its effect on family independence in caring for children under five with pneumonia. This research uses qualitative and quantitative methods through three stages; Phase I is identifying family needs of children with pneumonia through in-depth interviews with 10 parents of children with pneumonia who were hospitalized, the data were analyzed thematically; Phase II, namely the development of a model of family independent nursing care for children under five with pneumonia based on the results of the Phase I research; Phase III is the ASTANIA model trial, with a quasi-experimental method pre-post test with control group of 38 respondents in the intervention group and 38 respondents in the control group. The results of data analysis prove that after three months of intervention there has been an increase in behavior (knowledge, perception and skills) and family independence in caring for infants with pneumonia. Conclusion: The ASTANIA model influences the behavior and level of independence of families with

children with pneumonia. Recommendations: the need for training for nurses in hospitals on structured and comprehensive discharge planning especially for children under five years with pneumonia and the need for community health nurse commitments in monitoring post-hospitalized children health through scheduled home visits to increase family independence and prevent recurrence.

Keywords:  
ASTANIA; Family independence; Children with pneumonia; Public Relations.