

Gambaran perilaku manajemen diri pasien hipertensi pada masa pandemi COVID-19 = Self-management behavior of hypertension patients during COVID-19 pandemic

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Abstrak

Hipertensi merupakan komorbid yang dapat menyebabkan perburukan prognosis pasien COVID-19. Pasien hipertensi perlu menerapkan perilaku manajemen diri meliputi integrasi diri, regulasi diri, interaksi dengan tenaga kesehatan, monitoring tekanan darah, dan mematuhi regimen pengobatan. Namun, pasien hipertensi belum menerapkan perilaku manajemen diri secara adekuat yang menyebabkan tidak terontrolnya tekanan darah hingga menyebabkan komplikasi. Penelitian ini dilakukan untuk mengidentifikasi perilaku manajemen diri pasien hipertensi pada masa pandemi COVID-19. Penelitian ini melibatkan 144 responden dengan desain penelitian cross sectional yang diseleksi menggunakan systematic random sampling. Perilaku manajemen diri klien hipertensi diukur menggunakan Hypertension Self-Management Behavior Questionnaire (HSMBQ). Hasil penelitian menunjukkan 65,9% perilaku manajemen diri pasien hipertensi dalam kategori cukup. Sekitar 70,1%, 66%, 63,2%, 74,3%, 85,4% pasien hipertensi memiliki kategori cukup dalam integrasi diri, regulasi diri, interaksi dengan tenaga kesehatan, monitoring tekanan darah, dan kepatuhan regimen pengobatan. Pandemi COVID-19 berkontribusi dalam perilaku manajemen diri pasien hipertensi, dimana pasien menyadari perilaku manajemen diri penting sebagai upaya perawatan diri. Peran edukator dan konselor perawat komunitas perlu dimaksimalkan untuk meningkatkan perilaku manajemen diri pasien dengan memanfaatkan berbagai teknologi digital.

.....Hypertension is a comorbid condition that can worsen the prognosis of COVID-19. Hypertensive patients need to apply self-management behaviors including self-integration, self-regulation, interaction with health workers, monitoring blood pressure, and complying with treatment regimens. However, hypertensive patients have not implemented adequate self-management behavior which causes uncontrolled blood pressure to cause complications. This study was conducted to identify the self-management behavior of hypertensive patients during the COVID-19 pandemic. This study involved 144 respondents with a cross sectional using systematic random sampling. Management behavior of hypertensive clients was measured using Hypertension Self-Management Behavior Questionnaire (HSMBQ). The results showed that 65.9% of the self-management behavior of hypertensive patients was in the sufficient category.

Approximately 70.1%, 66%, 63.2%, 74.3%, 85.4% of hypertensive patients had sufficient category in self-integration, self-regulation, interaction with health workers, blood pressure monitoring, and adherence to medication regimens. The COVID-19 pandemic has contributed to the self-management behavior of hypertensive patients, where patients realize that self-management behavior is important as a self-care effort. The role of community nurse educators and counselors needs to be maximized to improve patient self-management behavior by utilizing various digital technologies.