

Abstrak

Latar Belakang: Demensia merupakan suatu kondisi yang menyebabkan lansia lebih sering di rawat di rumah sakit (RS). Perawat seringkali merasa kesulitan dalam menangani orang dengan demensia (ODD). Pelatihan demensia sudah terbukti meningkatkan kemampuan perawat di RS dalam merawat ODD di negara lain, akan tetapi pelatihan semacam ini belum ada di Indonesia. Penelitian ini bertujuan untuk menyusun suatu program pelatihan demensia bagi perawat di RS.

Metode Penelitian: penelitian ini merupakan penelitian *multi-method* yang dilakukan selama Juni 2020-Desember 2021. Tahap satu diawali dengan mewawancarai pendamping ODD dan perawat tentang pengalaman dan kesulitan selama merawat ODD di RS. Tahap kedua: penyusunan dan uji validitas modul oleh 8 *expert*. Tahap ketiga: uji validitas dan reliabilitas instrumen untuk evaluasi program pelatihan pada 115 perawat. Tahap keempat: pelatihan 10 jam pada 26 perawat dengan metode *pre-experimental* menggunakan *one group pre-test, post-test I* dan *II*. Instrumen yang digunakan adalah *Dementia Knowledge Assessment Scale* (DKAS), *Dementia Attitude Scale* (DAS) dan *Confidence in Dementia Scale* (CODE) serta form evaluasi pelatihan.

Hasil Penelitian: Tahap 1 tema tentang pengalaman selama merawat ODD di RS yaitu kesulitan, kebutuhan pelatihan, harapan, dampak dan persepsi pada tenaga kesehatan. Pada tahap kedua penelitian tersusun modul KePOD yang terdiri dari 8 modul. Tahap ketiga didapatkan bahwa instrumen DKAS, DAS dan CODE valid dan reliabel untuk evaluasi program KePOD dengan nilai *Cronbach* berturut-turut 0,684; 0,733; 0,830. Tahap keempat: pengetahuan, sikap dan kepercayaan diri perawat meningkat secara signifikan setelah pelatihan ($p=0,000$; $0,000$; $0,000$). Dua bulan setelah pelatihan nilai pengetahuan turun secara signifikan ($p=0,034$), sedangkan sikap dan kepercayaan diri menetap (0,458; 0,439). Akan tetapi, masih lebih tinggi dari sebelum pelatihan.

Kesimpulan: pelatihan KePOD mampu meningkatkan pengetahuan, sikap dan kepercayaan diri perawat dalam merawat ODD.

Kata kunci: demensia, kepercayaan diri, pelatihan, pengetahuan, perawat, rumah sakit, sikap

Development of KePOD (Care Skills for Person with Dementia) training program for hospital Nurses

Abstract

Background: Dementia is a condition that causes the elderly need to be hospitalized more frequently. Nurses often find it difficult to take care of person with dementia (PwD). Dementia *training* has been proven to improve the capability of nurses in hospitals to take care of PwD in other countries, but this specific type of *training* not yet exist in Indonesia. This study aimed to develop a dementia *training* program for nurses in hospitals.

Methods: This study was a multi-method study conducted in June 2020 to December 2021. The first stage was begun by interviewing family caregivers of PwD and nurses about their experiences and difficulties while taking care of PwD in hospitals. The second stage: composing the module and testing its validity by involving 8 experts. The third stage: performing validity and reliability tests of the instruments to evaluate the *training* on 115 nurses. The fourth stage: 10-hour *training* for 26 nurses with pre-experimental method using one group pre-test, post-test I and II. The instruments used were Dementia Knowledge Assessment Scale (DKAS), Dementia Attitude Scale (DAS) and Confidence in Dementia Scale (CODE) as well as a *training* evaluation form.

Results: first stage, the themes regarding experiences while taking care of PwD in hospitals, namely difficulties in taking care process, *training* needs, hopes, impacts and perceptions on healthcare workers. In the second stage of the study, the KePOD module was developed that comprised 8 modules. In the third stage, it was determined that the DKAS, DAS and CODE instruments were valid and reliable for evaluating the KePOD program with Cronbach Alpha scores of 0.684; 0.733; 0.830. The fourth stage: knowledge, attitudes and confidence of nurses increased significantly after *training* ($p=0.000$; 0.000 ; 0.000). Two months after the *training* the score of knowledge decreased significantly ($p=0.034$), while attitudes and self-confidence remained ($p=0.458$; 0.439). However, the knowledge was still higher than before the *training*.

Conclusion: KePOD *training* is able to increase the knowledge, attitudes and confidence of nurses in taking care of PwD.

Keywords: dementia, confidence, *training*, knowledge, nurses, hospitals, attitudes