

## INTISARI

**Latar Belakang:** Lansia mengalami penurunan berbagai fungsi tubuh sebagai akibat dari proses penuaan. Penurunan fungsi tubuh tersebut mengakibatkan berbagai permasalahan kesehatan, salah satunya yaitu sindrom geriatri. Sindrom geriatri dianggap sebagai masalah kesehatan yang membebani lansia karena berdampak terhadap kepuasan dan kualitas hidup lansia. Oleh karena itu, tenaga kesehatan perlu memahami gambaran sindrom geriatri pada lansia agar memiliki pengetahuan yang memadai sehingga dapat memberikan penatalaksanaan yang sesuai.

**Tujuan Penelitian:** Mengetahui gambaran masalah kesehatan lansia dengan pendekatan sindrom geriatri pada pasien *Home Care* di RSUP Dr. Sardjito.

**Metode:** Penelitian ini merupakan penelitian deskriptif kuantitatif dengan pendekatan *cross sectional* dan analisis data univariat. Sampel yang digunakan berjumlah 123 rekam medis pasien lansia *home care* RSUP Dr. Sardjito yang dicatat menggunakan instrumen RAI-HC. Instrumen ini kemudian dikategorikan berdasarkan jenis sindrom geriatri menurut Permenkes tahun 2015.

**Hasil:** Sebanyak 104 lansia (84,6%) mengalami sindrom geriatri, prevalensi jenis sindrom geriatri tertinggi yaitu masalah status gizi sebanyak 109 lansia (88,6%), kemudian diikuti oleh gangguan fungsi kognitif 76 lansia (61,8%), gangguan fungsi sensorik 74 lansia (60,2%), instabilitas postural 68 lansia (55,3%), imobilisasi 66 lansia (53,7%), inkontinensia urin 38 lansia (30,9%), dan prevalensi paling rendah yaitu isolasi sebanyak 15 lansia (12,2%).

**Kesimpulan:** Sebagian besar lansia yang mengikuti layanan *home care* mengalami sindrom geriatri dengan jenis sindrom geriatri paling banyak dialami lansia yaitu masalah status gizi.

**Kata Kunci:** lansia, sindrom geriatri

## ABSTRACT

**Background:** Elderly individuals experienced a decline in various bodily function as a result of the aging process. This decline led to various health problems, one of which was geriatric syndrome. Geriatric syndrome is considered a health problem that burdens the elderly because it impacts their satisfaction and quality of life. Therefore, healthcare professionals needed to understand the presentation of geriatric syndrome in the elderly to have adequate knowledge and provide appropriate management.

**Objective:** This study aimed to identify the overview of health issues in elderly with geriatric syndrome approach among home care patients in RSUP Dr. Sardjito.

**Method:** This study was a quantitative descriptive research with a cross-sectional approach and univariate data analysis. The sample consisted of 123 medical records of elderly patients who received home care service at RSUP Dr. Sardjito, documented using the RAI-HC instrument. This instrument was then categorized based on types of geriatric syndromes according to the Ministry of Health regulation in 2015.

**Result:** A total of 104 elderly individuals (84,6%) experienced geriatric syndromes, with the highest prevalence being nutritional status issues in 109 elderly (88,6%), followed by cognitive impairment in 76 elderly (61,8%), impairment of sense in 74 elderly (60,2%), postural instability in 68 elderly (55,3%), immobilization in 66 elderly (53,7%), urinary incontinence in 38 elderly (30,9%), and the lowest prevalence being isolation in 15 elderly (12,2%).

**Conclusion:** Most of elderly receiving home care services experienced geriatric syndromes, with the most common syndrome being being nutritional status issues.

**Keywords:** elderly, geriatric syndrome