

## INTISARI

**Latar belakang:** Jumlah lansia di Indonesia diproyeksikan terus meningkat. Banyaknya jumlah lansia tersebut, meningkatkan kejadian penuaan sebesar 42,09% sehingga rentan mengalami masalah kesehatan baik dari fisik, psikologis, sosial, maupun spiritual. Kompleksnya risiko masalah yang dialami lansia mengakibatkan lansia cenderung membutuhkan waktu lama untuk pengobatan dan biaya yang tinggi. Salah satu alternatif kemudahan pelayanan kesehatan bagi lansia adalah *home care* agar perawatan dapat dilanjutkan di rumah dan menekan biaya yang tinggi. Tenaga kesehatan yang terlibat terdiri dari dokter, perawat, ahli gizi, dan fisioterapis. Saat ini belum banyak penelitian yang berfokus pada *home care* di Indonesia.

**Tujuan:** Mengetahui gambaran masalah kesehatan lansia dan identifikasi tenaga kesehatan yang menangani di unit *home care* RSUP Dr. Sardjito.

**Metode:** Penelitian ini merupakan penelitian kuantitatif dengan rancangan *cross-sectional*. Sampel pada penelitian ini adalah rekam medis lansia *home care* dengan jumlah 123 yang telah dipilih sesuai kriteria penelitian menggunakan *total sampling*. Pengumpulan data dilakukan menggunakan lembar tabulasi yang komponennya diambil dari *Resident Assessment Instrument-Home Care* (RAI-HC). Pengumpulan data penelitian dilakukan di RSUP Dr. Sardjito pada bulan April-Mei 2024. Analisis data yang digunakan adalah analisis univariat berupa statistik deskriptif.

**Hasil:** Masalah kesehatan fisik lansia paling banyak berkaitan dengan penyakit jantung/sirkulasi sebesar 63 lansia (51,2%) dan sebagian besar yaitu 38 lansia ditangani oleh perawat, dokter, dan fisioterapis.

**Kesimpulan:** Masalah kesehatan yang terjadi pada lansia dapat beragam dari aspek biopsikososiospiritual sehingga lansia perlu didampingi oleh pendamping informal di rumah dan tetap perlu perawatan dari tenaga kesehatan baik perawat, dokter, fisioterapis, dan/atau ahli gizi yang dapat dilakukan melalui pelayanan *home care*.

**Kata kunci:** *home care*, masalah kesehatan lansia, tenaga kesehatan yang menangani

## ABSTRACT

**Background:** *The number of elderly people in Indonesia is projected to continue increasing. This large number of elderly people increases the incidence of aging by 42.09%, making them vulnerable to health problems physically, psychologically, socially and spiritually. The complexity of the risks experienced by the elderly resulted in them tending to require longer time for treatment and higher costs. One alternative for easier healthcare services for the elderly was home care that treatment can continue at home and reduce high costs. The healthcare providers involved consist of doctors, nurses, nutritionists and physiotherapists. Currently, there are not much research focused on home care in Indonesia.*

**Objective:** *This research aimed to understand the description of elderly health problems and identification of healthcare provider who handled them at home care unit RSUP Dr. Sardjito.*

**Method:** *This research was a quantitative study with a cross-sectional design. The sample in this study consisted of 123 medical record of elderly home care patients, selected according to research criteria using total sampling. Data collection was conducted using tabulation sheet, with components taken from the Resident Assessment Instrument-Home Care (RAI-HC). Data collection was carried out at RSUP Dr. Sardjito in April-May 2024. The data analysis used was univariate analysis in the form of descriptive statistics.*

**Result:** *The physical health problems of the elderly were mostly related to heart/circulatory diseases, with 63 elderly (51.2%) affected, and the majority, 38 elderly, were treated by nurses, doctors, and physiotherapists.*

**Conclusion:** *Health problems in the elderly can vary from biopsychosocial-spiritual aspects, so the elderly need to be accompanied by informal caregivers at home and still require care from healthcare professionals such as nurses, doctors, physiotherapists, and/or nutritionist, which can be provided through home care services.*

**Keywords:** *elderly health problems, healthcare provider, home care*