

INTISARI

Latar Belakang: Seiring bertambahnya usia, lansia mengalami berbagai masalah kesehatan termasuk fisik dan psikologis yang memerlukan perawatan berfokus pada individu. Lansia juga lebih suka menghabiskan waktunya di rumah. Tindakan keperawatan pada pelayanan *home care* bersifat holistik dan dapat meningkatkan kualitas hidup lansia.

Tujuan Penelitian: Penelitian ini bertujuan untuk mengetahui hubungan masalah kesehatan lansia dengan tindakan keperawatan *home care* berbasis rumah sakit

Metode: Penelitian kuantitatif deskriptif analitik pendekatan *cross sectional* menggunakan data sekunder rekam medis pelayanan *home care* RSUP Dr. Sarjito pada Januari 2022 sampai Juni 2023 dengan total 123 rekam medis. Variabel masalah kesehatan lansia mencakup diagnosis penyakit, riwayat penyakit, status nutrisi, fungsi fisik ADL, continance, risiko dekubitus, risiko jatuh, skrining paliatif, ingatan, delirium, dan pola emosi. Variabel terikat mencakup tindakan keperawatan mandiri dan tindakan non keperawatan mandiri. Analisis data menggunakan uji *Chi-square*.

Hasil: Masalah kesehatan lansia yang paling banyak diderita yaitu risiko malnutrisi. Tindakan keperawatan menjadi tindakan yang paling banyak dilakukan. Tidak terdapat hubungan antara masalah kesehatan lansia dengan tindakan keperawatan ditinjau dari diagnosis penyakit ($p = 0.530$), riwayat penyakit ($p = 0.442$), status nutrisi ($p = 0.710$), fungsi fisik ADL ($p = 0.102$), *continance* dalam 14 hari terakhir ($p = 0.533$), risiko dekubitus ($p = 0.160$), risiko jatuh ($p = 0.240$), ingatan ($p = 0.436$), dan delirium ($p = 0.119$). Hasil signifikan hanya terdapat pada skrining paliatif ($p = 0.019$) dan pola emosi ($p = 0.009$).

Kesimpulan: Terdapat hubungan antara masalah kesehatan lansia berkaitan dengan skrining paliatif dan pola emosi terhadap tindakan keperawatan. Sedangkan sembilan masalah kesehatan lain tidak memiliki hubungan signifikan.

Kata Kunci: Lansia, masalah kesehatan, perawat, *home care*, tindakan keperawatan.

ABSTRACT

Background: Aging is often accompanied by various physical and psychological illnesses that require personalized care. Despite this, many elderly individuals prefer to receive care in their homes. Providing holistic nursing care in a home care setting can significantly improve the quality of life for the elderly.

Objective: This study seeks to establish the correlation between elderly health illnesses and nursing care in a hospital-based home care setting.

Method: This study employs a descriptive and quantitative approach with a cross-sectional survey design, using secondary data from medical records of home care at RSUP Dr. Sardjito from January 2022 to June 2023, with a total sample size of 123. The variables for elderly health issues include diagnosis, disease history, nutritional status, activities of daily living (ADL) function, continence in the last 14 days, risk of pressure ulcers, risk of falls, memory, and delirium. The data analysis utilized the Chi-square test.

Result: Notably, the primary health concern among the elderly is the risk of malnutrition, and it was found that nursing interventions were the most frequently administered actions. Specific to the relationship between elderly health illness and nursing care, the study revealed that nursing care was not significantly associated with the elderly's medical diagnosis, history, nutrition status, physical function, incontinence, pressure ulcer risk, fall risk, memory, and delirium ($p > 0.05$), while it was found to be associated with palliative screening and emotional status ($p < 0.05$).

Conclusion: The study demonstrated that elderly health illness is linked to nursing care in the domains of palliative screening and emotional status, while no significant connection was identified in the nine other domains.

Keyword: Elderly, health illness, nursing, home care, nursing care