

**GAMBARAN KESULITAN DAN PEMAHAMAN CAREGIVER DALAM  
FEEDING ASSISTANCE KEPADA PASIEN DEMENSIA DI KLINIK MEMORI  
RSUP DR. SARDJITO**

(Fiona Budiman, Tony Arjuna, Sri Mulyani)

**INTISARI**

**Latar belakang:** *Feeding assistance* oleh *caregiver* berperan penting dalam memastikan pemenuhan gizi pasien demensia yang adekuat. Maka dari itu, pemahaman dan kesiapan *caregiver* dalam menghadapi kesulitan *feeding assistance* yang sering terjadi akibat gangguan yang dialami pasien menjadi aspek penting yang perlu diperhatikan. Namun, masih sedikit penelitian yang mengkaji lebih dalam terkait gambaran kesulitan dan pemahaman *feeding assistance* oleh *caregiver* di Indonesia.

**Tujuan:** Mendeskripsikan kesulitan *caregiver* dalam *feeding assistance* kepada pasien demensia di Klinik Memori RSUP Dr. Sardjito.

**Metode:** Penelitian ini merupakan penelitian kualitatif dengan metode multi kasus yang dilakukan melalui wawancara mendalam. Sebanyak 10 *caregiver* pasien demensia menjadi responden dalam penelitian ini. Metode sampling yang digunakan pada penelitian ini yaitu *purposive sampling* dengan pemilihan berdasarkan kondisi pasien dan karakteristik *caregiver* yang bervariasi. Analisis data menggunakan metode analisis konten dengan pendekatan deduktif.

**Hasil Penelitian:** Teridentifikasi tujuh tema dalam penelitian ini yaitu: (1) bentuk *feeding assistance*; (2) informasi gizi dan makanan yang diperoleh *caregiver*; (3) hambatan *feeding assistance* akibat kondisi pasien; (4) hambatan *feeding assistance* dari sisi *caregiver*; (5) solusi yang dilakukan *caregiver* dalam menangani kesulitan *feeding assistance*; (6) sikap *caregiver* dalam menghadapi kesulitan tersebut; dan (7) fasilitas yang diperlukan untuk mempermudah pelaksanaan *feeding assistance*.

**Kesimpulan:** *Feeding assistance* oleh *caregiver* disesuaikan dengan keterbatasan makan pasien demensia. Kesulitan *feeding assistance* berasal dari kondisi pasien dan keterbatasan yang dimiliki *caregiver*. Pemahaman *caregiver* mencakup aspek penentuan diet pasien, akan tetapi pemahaman *caregiver* mengenai cara pemberian makan berdasarkan kondisi pasien masih terbatas. *Caregiver* memprioritaskan pasien dan mengupayakan strategi penanganan kesulitan *feeding assistance* melalui pendekatan *trial and error* serta pencarian informasi yang berkelanjutan. *Caregiver* menyatakan kebutuhannya dalam akses informasi yang lebih mudah dan dukungan psikologi.

Kata kunci: Demensia; Bentuk *Feeding Assistance*; Kesulitan *Feeding Assistance*; Upaya Penanganan; *Caregiver* Keluarga

**EXPLORING CAREGIVER'S DIFFICULTIES AND KNOWLEDGE IN  
DEMENTIA-RELATED FEEDING ASSISTANCE AT THE MEMORY CLINIC DR.  
SARDJITO CENTRAL GENERAL HOSPITAL**

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**ABSTRACT**

**Background:** Feeding assistance by caregiver is crucial in ensuring adequate nutrition fulfillment for dementia patients. Therefore, caregiver's knowledge and readiness in handling challenges during feeding assistance, caused by the patient's condition, are important aspects that need to be addressed. However, there is a limited number of studies that explore in depth the difficulties and knowledge of caregiver regarding feeding assistance in Indonesia.

**Objective:** The aim of this study is to describe caregiver difficulties in feeding assistance reported among dementia patients at the memory clinic Dr. Sardjito central general hospital.

**Method:** This is a qualitative multiple-cases study, conducted through in-depth interviews. This study involved 10 caregivers, selected through purposive sampling, based on variations in patient's condition and caregiver's characteristics. The collected data were analyzed using a deductive content analysis method.

**Result:** Seven identified themes in this study include: (1) types of feeding assistance provided; (2) caregiver's knowledge regarding the nutritional needs for dementia patient; (3) feeding assistance challenges due patient's condition; (4) feeding assistance challenges due to caregiver's limitations; (5) caregiver's strategies in managing feeding assistance difficulties; (6) caregiver's coping attitudes toward feeding assistance difficulties; and (7) required facilities to support the management of feeding assistance difficulties.

**Kesimpulan:** Feeding assistance is provided based on eating difficulties experienced by each dementia patient. Feeding assistance difficulties may arise from patient's condition and caregiver's limitations. Caregivers' understanding includes aspect of determining an appropriate diet, but their knowledge regarding feeding method adjusted to each patient's condition is limited. Caregivers prioritize the patient's needs and attempt to manage feeding assistance difficulties through trial-and-error approaches and continuous information seeking. Caregiver expressed the need of easier access to information and psychological support.

**Keywords:** Dementia; Types of Feeding Assistance; Feeding Assistance Difficulties; Coping Strategies; Family Caregiver.