

ABSTRAK

Latar Belakang: Berdasarkan Riset Kesehatan Dasar Tahun 2013, penyakit kronis merupakan salah satu penyebab utama kematian di Indonesia. Provinsi DI Yogyakarta menempati persentase tertinggi untuk lansia di mana baru 20 peserta penderita hipertensi yang terjangkau di dalam prolanis di Puskesmas Jetis.

Tujuan: Mengidentifikasi implementasi Program Pengelolaan Penyakit Kronis (Prolanis) pada penyakit hipertensi di Puskemas Jetis Kota Yogyakarta.

Metode: Penelitian ini bersifat kualitatif dengan menggunakan strategi studi kasus. Subjek penelitian ada 18 informan yang dipilih dengan teknik *purposive*. Analisis data dilakukan berdasarkan logika induktif yang diperoleh dari hasil wawancara mendalam. Data kualitatif disajikan dalam bentuk narasi dan tabel.

Hasil: Cakupan kepatuhan program prolanis dilihat dari indikator angka kontak yang belum tercapai oleh Puskesmas Jetis dengan rasio angka kontak 108 permil dan indikator rasio peserta prolanis rutin berkunjung hanya sampai zona aman yang standar yaitu 69 persen karena kurangnya sosialisasi terkait prolanis. Puskesmas membatasi kepersertaan prolanis karena keraguan dalam mengendalikan untuk rutin datang setiap bulannya.

Kesimpulan: Cakupan jumlah peserta prolanis di pengaruhi oleh angka kontak dan rasio kunjungan ulang prolanis. Kepatuhan peserta prolanis di Puskesmas Jetis masih kurang karena antara jumlah peserta yang terdaftar di BPJS yang mengikuti prolanis sedikit.

Saran: Dinkes melakukan evaluasi cakupan pasien yang ikut prolanis dan ditindaklanjuti serta di feedback ke puskesmas. Dinkes melakukan pelatihan, pembinaan, pengawasan dan evaluasi kepada petugas puskesmas yang memberikan layanan prolanis. Adakan koordinasi lintas program pengelola di puskesmas. Pengelola program mengadakan pertemuan pemegang program prolanis antar puskesmas sehingga bisa bertukar pengalaman tentang keberhasilan dan hambatan pelaksanaan program prolanis. Puskesmas diharapkan lebih mampu menjalankan kegiatan yang bersifat promotif dan preventif.

Kata kunci: Prolanis, Hipertensi, Kepatuhan, Implementasi, Cakupan

ABSTRACT

Background: Based on the Basic Health Research of 2013, chronic illness is one of the main causes of death in Indonesia. DI Yogyakarta province occupies the highest percentage for the elderly where only 20 patients with hypertension are netted within the prolanis at Jetis Health Center.

Purpose: Identify the implementation of Chronic Disease Management Program (Prolanis) on hypertension disease in Puskesmas Jetis Kota Yogyakarta.

Method: This research is qualitative by using case study strategy. There were 18 informants chosen by purposive technique. Data analysis is done based on inductive logic obtained from in-depth interview. Qualitative data is presented in the form of narration and table.

Outcomes: The coverage of the prolanis program adherence was seen from the indicator of contact rates not reached by the Jetis Public Health Center with a ratio of 108 permil contact rates and the ratio indicator of routine prolanist participants visiting only the standard safe zone of 69 percent due to lack of prolanic-related socialization. Puskesmas limit proliferation participation due to doubt in controlling for routine coming every month.

Conclusion: The coverage of the number of prolanist participants is influenced by the number of contacts and the ratio of prolanist re-visits. Prolanist participants' compliance at Jetis Health Center was still lacking because of the small number of participants registered in the BPJS.

Suggestion: Health Office staff evaluates the coverage of patients who participate in prolanis and are followed up and feedbacked to the puskesmas. Health Office staff conduct training, coaching, supervision and evaluation to health center staff who provide prostitution services. Conduct coordination across management programs at the puskesmas. The program manager holds a meeting of prolanist program holders between health centers so that they can exchange experiences about successes and barriers to implementing prolanist programs. The Puskesmas is expected to be better able to carry out activities that are promotive and preventive.

Keywords: Prolanis, Hypertension, Compliance, Implementation, Covarage