

KEBUTUHAN *FAMILY CAREGIVER* PENDERITA GAGAL JANTUNG *POST HOSPITALISASI* DI KABUPATEN INDRAGIRI HULU

INTISARI

Latar Belakang: Merawat penderita gagal jantung pada tahap *post hospitalisasi* merupakan saat terberat bagi *family caregiver*, sebab tanggung jawab perawatan dibebankan kepada mereka. Banyak masalah muncul selama pengasuhan, sehingga tidak mengherankan jika *family caregiver* memiliki kebutuhan yang penting namun sering tidak tersampaikan.

Tujuan: Mengidentifikasi kebutuhan *family caregiver* penderita gagal jantung selama melakukan pengasuhan pada tahap *post hospitalisasi*.

Metode: Rancangan *mixed methods* jenis sekuensial eksplanatori yang melibatkan 97 responden dan 5 partisipan dari *family caregiver* penderita gagal jantung *post hospitalisasi*. Penelitian dilakukan Bulan April-Mei 2018 di unit rawat jalan rumah sakit rujukan Kabupaten Indragiri Hulu. Teknik sampling yang digunakan adalah *purposive sampling* dan *criterion sampling*. Instrumen *FNAT* modifikasi dipakai untuk menilai kebutuhan *family caregiver* dan didukung oleh panduan wawancara mendalam. Data kuantitatif dianalisis dengan analisis deskriptif dan data kualitatif menggunakan *content analysis*, serta diintegrasikan melalui pendekatan *joint displays*.

Hasil: Nilai rata-rata dari masing-masing domain kebutuhan meliputi: kebutuhan informasi ($88,80 \pm 9,16$), kebutuhan rumah tangga ($72,68 \pm 18,51$), kebutuhan kesehatan ($88,66 \pm 9,31$), kebutuhan dukungan sosial ($71,55 \pm 13,72$), kebutuhan finansial ($66,39 \pm 10,23$). Enam tema yang ditemukan adalah: beban psikologis dan gangguan kesehatan, bantuan menyelesaikan pekerjaan rumah tangga, keuangan keluarga tidak mencukupi, kurang informasi tentang penyakit dan penanganannya, membutuhkan dukungan dari orang terdekat, serta kebingungan menghadapi penyakit yang tidak dapat diprediksi.

Kesimpulan: Kebutuhan informasi, kebutuhan rumah tangga, kebutuhan dukungan sosial, dan kebutuhan finansial merupakan kebutuhan *family caregiver* yang belum terpenuhi selama merawat penderita gagal jantung *post hospitalisasi*. Meskipun domain kebutuhan kesehatan cukup terpenuhi, *caregiver* teridentifikasi mengalami kecemasan dan kurang tidur.

Kata kunci: Kebutuhan, *family caregiver*, gagal jantung, *mixed methods*, *post hospitalisasi*.

Family Caregiver Needs For Post Hospitalization Heart Failure Patient In Indragiri Hulu District

Abstract

Background: Caring for patients with heart failure at the post-hospitalization stage is the hardest time for the family caregiver, because the responsibility for care is on them. Many problems arise during caregiving, so it is not surprising that the family caregiver has important needs but is often not delivered.

Objective: To identify the needs of family caregiver of patients with heart failure during care in the post hospitalization stage.

Method: Mixed methods of sequential explanatory type design involving 97 respondents and 5 participants from family caregiver of patients with post hospitalization heart failure. The study was conducted in April-May 2018 in the outpatient unit of the referral hospital in Indragiri Hulu District. The sampling technique used was purposive sampling and criterion sampling. The FNAT modification instrument is used to assess the needs of the family caregiver and is supported by an in-depth interview guide. Quantitative data were analyzed by descriptive analysis and qualitative data using content analysis, and integrated through a joint displays approach.

Result: The average value of each domain needs includes: information needs ($88,80 \pm 9,16$), household needs ($72,68 \pm 18,51$), health needs ($88,66 \pm 9,31$), social support needs ($71,55 \pm 13,72$), financial needs ($66,39 \pm 10,23$). Six themes found were: psychological burden and health problems, assistance in completing household chores, insufficient family finances, lack of information about illness and handling, requiring support from nearby people, as well as confusion in facing unpredictable diseases.

Conclusion: Information needs, household needs, social support needs, and financial needs are unmet needs of the family caregiver while caring for post-hospitalized heart failure patients. Although their health needs domain is sufficiently fulfilled, caregivers are identified as having anxiety and sleep deprivation.

Keywords: Needs, family caregiver, heart failure, mixed methods, post hospitalization.