

INTISARI PENELITIAN

Latar Belakang: Gangguan yang ditimbulkan akibat penyakit stroke menyebabkan pasien stroke mengalami gangguan dalam memenuhi aktivitas sehari-hari baik berpindah atau bergerak maupun dalam perawatan diri. Salah satu masalah perawatan diri pada pasien stroke dapat dirujuk pada diagnosis keperawatan *feeding self care deficit*.

Tujuan: Untuk mengetahui gambaran indikator klinis diagnosis *feeding self care deficit* dan skor kemampuan fungsi makan dalam Indeks Barthel pada pasien stroke di RSUP Dr. Sardjito.

Metode: Penelitian ini menggunakan jenis penelitian deskriptif kuantitatif dengan desain penelitian *cross-sectional*. Penelitian ini dilakukan pada bulan Maret – April 2017 dengan teknik pemilihan sampel total sampling. Sebanyak 28 responden terlibat dalam penelitian ini dan pengumpulan data menggunakan instrumen penelitian yang dibuat berdasarkan indikator klinis diagnosis keperawatan NANDA-I *feeding self care deficit*. Analisis data menggunakan distribusi frekuensi.

Hasil: Responden penelitian ini didominasi oleh laki-laki (60,7%) dengan usia rata-rata 57 tahun. Responden penelitian yang menderita stroke jenis non hemoragi sekitar 60,7% dan stroke jenis hemoragi sekitar 39,3%. Responden terbanyak dalam skor total Indeks Barthel adalah kriteria ketergantungan berat (n=13). *Item* indikator klinis ketidakmampuan memakan makanan dalam jumlah memadai (9,1%) muncul pada responden dengan kriteria mandiri dalam Indeks Barthel. *Item* ketidakmampuan memakan makanan dalam jumlah memadai (25%) dan ketidakmampuan menyiapkan makanan untuk dimakan (25%) muncul pada responden dengan kriteria ketergantungan sebagian. *Item* terbanyak muncul pada responden dengan kriteria ketergantungan berat adalah ketidakmampuan menghabiskan makanan (53,8%) dan ketidakmampuan menyiapkan makanan untuk dimakan (53,8%).

Kesimpulan: Indikator klinis diagnosis *feeding self care deficit* teridentifikasi muncul pada pasien stroke dengan ketergantungan berat dalam Indeks Barthel dan tidak muncul pada responden dengan kriteria mandiri dan ketergantungan sebagian dalam Indeks Barthel.

Kata kunci: Indikator klinis, diagnosis keperawatan, indeks barthel, stroke

ABSTRACT

Background: The impairment is affected by stroke that causes the patients have problems in performing activity of daily living such as movement, mobility, and self-care. One of the problems of self-care in stroke patients can be referred to nursing diagnosis of feeding self-care deficit.

Purpose: To identify the description of clinical indicators of feeding self care deficit and feeding function ability of Barthel Index in stroke patients at RSUP Dr. Sardjito.

Methods: The research used a quantitative description study with cross-sectional design. This research was conducted on March – April 2017 with total sampling technique. There were 28 respondents involved in this study and an instrument using data and data collection using an instrument was developed based on clinical indicators of NANDA-I nursing diagnosis of feeding self-care deficit. Data analysis used frequency distribution.

Findings: The respondents of this research were dominated by men (60,7%) and women (39,3%) with an average age was 57 years. Respondents who suffered non hemorrhagic stroke were 60,7%% and hemorrhagic stroke were 39,3%. The most respondents in total score of Barthel Index were severe dependency criteria (n=13). Clinical indicator item for impaired ability to swallow sufficient amount of food (9,1%) was appeared in respondents with independency criteria on Barthel Index. impaired ability to swallow sufficient amount of food item (25%) and impaired ability to prepare food (25%) were appeared in respondents with partial dependency criteria. The most items were appeared on respondents with severe dependency criteria were impaired ability to self-feed a complete meal item (53,8%) and impaired ability to prepare food item (53,8%).

Conclusions: The clinical indicators items of feeding self-care deficit nursing diagnosis are identified occur in stroke patients with severe dependency criteria on Barthel Index and are not occurred in partial dependency criteria on Barthel Index.

Keywords: Clinical indicators, nursing diagnosis, barthel index, stroke