

Universitas Ngudi Waluyo
Program Studi Diploma Tiga Keperawatan, Fakultas Kesehatan
Karya Tulis Ilmiah, June 2025
Suci Nur Kholifah, Mukhamad Musta'in
084221008

Pengelolaan Defisit Pengetahuan Dengan Edukasi Proses Penyakit Pada Tn. T Penderita Hipertensi Di Desa Kaligono

xvii + 115 halaman + 14 tabel + 0 gambar + 12 lampiran

ABSTRAK

Hipertensi adalah tekanan darah lebih dari 140/90 mmHg yang menyebabkan meningkatnya kerja jantung untuk memompa darah. Minimnya informasi terkait penyakit hipertensi dapat memunculkan masalah kurangnya pengetahuan. Melalui edukasi proses penyakit diharapkan mampu meningkatkan pengetahuan, keterampilan pasien dan keluarga dalam mengoptimalkan kesehatannya. Bentuk penelitian ini adalah studi kasus dengan pendekatan pengelolaan asuhan keperawatan. Hasil pengelolaan didapatkan responden adalah keluarga Tn. T, pada pengkajian hasil kuesioner pengetahuan dengan kriteria pengetahuan kurang pada ketiga anggota keluarga, Tn T menanyakan masalah yang dihadapi, menunjukkan perilaku tidak sesuai ajaran, dan menunjukkan persepsi yang keliru terhadap masalah. Diagnosa keperawatan yang ditegakkan yaitu defisit pengetahuan (D. 0111), intervensi meliputi identifikasi kesiapan dan kemampuan menerima informasi, sediakan materi dan media pendidikan kesehatan, jadwalkan pendidikan kesehatan sesuai kesepakatan, berikan kesempatan untuk bertanya, jelaskan penyebab dan faktor risiko penyakit, jelaskan proses patofisiologi munculnya penyakit, jelaskan tanda dan gejala yang ditimbulkan oleh penyakit, jelaskan kemungkinan terjadinya komplikasi, ajarkan cara meredakan atau mengatasi gejala yang dirasakan, anjurkan melapor jika merasakan tanda dan gejala memberat atau tidak biasa. Implementasi berupa edukasi proses penyakit dengan menggunakan media poster. Evaluasi didapatkan masalah teratasi ditunjukkan dengan peningkatan kriteria pengetahuan menjadi baik. Saran bagi tenaga kesehatan untuk meningkatkan kualitas pelayanan berupa promosi kesehatan secara menyeluruh ke masyarakat terutama pada penderita hipertensi.

Kata kunci : Defisit Pengetahuan, Edukasi Penyakit, Hipertensi

Ngudi Waluyo University
Diploma Three Nursing Study Program, Faculty of Health
Scientific Paper, June 2025
Suci Nur Kholifah, Mukhamad Musta'in
084221008

Management of Knowledge Deficit Through Disease Process Education in Mr. T a Hypertension Patient in Kaligono Village

xvii + 115 pages + 14 tables + 0 figures + 12 attachments

ABSTRACT

Hypertension is a blood pressure of more than 140/90 mmHg which causes the heart to pump more blood. The lack of information related to hypertension can lead to a lack of knowledge. Through disease process education, it is hoped that it can improve the knowledge, skills of patients and families in optimizing their health. This research is a case study employing a nursing care management approach. The results of management obtained by the respondent are the family of Mr. T, at the assessment of the results of the knowledge questionnaire with the criteria of lack of knowledge in the three family members, Mr. T asked about the problems faced, showed behavior that was not in accordance with the teachings, and showed a wrong perception of the problem. The established nursing diagnosis is a knowledge deficit (D. 0111), interventions include identifying readiness and ability to receive information, provide health education materials and media, schedule health education according to agreement, provide opportunities to ask questions, explain the causes and risk factors of the disease, explain the pathophysiological process of the emergence of the disease, explain the signs and symptoms caused by the disease, explain the possibility of complications, teach how to relieve or overcome the symptoms felt, recommend reporting if you feel signs and symptoms are aggravated or unusual. Implementation in the form of disease process education using poster media. Evaluation found that the problem was resolved as indicated by an increase in knowledge criteria to good. Suggestions for health workers to improve the quality of services in the form of comprehensive health promotion to the community, especially for people with hypertension.

Keywords: Knowledge Deficit, Disease Education, Hypertension