ABSTRAK

Penatalaksanaan medis terhadap pasien penyakit kardiovaskular setelah kondisi akut teratasi dan status hemodinamik stabil dianjurkan mengikuti program pemulihan melalui program rehabilitasi jantung fase I. Program ini meliputi latihan aktivitas fisik, konseling psikologis, dan terapi perilaku menuju gaya hidup sehat. Faktor fisik, personal, dan kurangnya rekomendasi dari tim kesehatan dapat menghambat kepatuhan pasien, meskipun pasien telah mengetahui tentang program latihan aktivitas fisik. Penelitian deskripsi korelasi ini bertujuan untuk mengetahui hubungan antara pengetahuan dengan tingkat kepatuhan pasien penyakit kardiovaskular dalam melaksanakan latihan aktivitas fisik rehabilitasi jantung fase I. Sampel diambil dengan teknik purposive sampling dengan jumlah sampel 36 responden. Instrumen yang digunakan dalam penelitian ini terdiri dari kuesioner data demografi, kuesioner pengetahuan latihan aktivitas fisik rehabilitasi jantung fase I, dan daily checklist latihan aktivitas fisik rehabilitasi jantung fase I. Data dianalisis menggunakan chi square. Hasil penelitian menunjukkan bahwa terdapat hubungan yang signifikan antara pengetahuan dengan tingkat kepatuhan (p= 0,031). Hasil penelitian merekomendasikan pengambil kebijakan di RSUP H. Adam Malik Medan dapat menyusun dan menetapkan protap program rehabilitasi jantung fase I terutama protap latihan aktivitas fisik. Perawat di ruangan perlu memperhatikan dan melaksanakan rehabilitasi jantung terutama latihan aktivitas fisik secara bertahap pada pasien penyakit kardiovaskular.

Kata kunci: penyakit kardiovaskular, rehabilitasi jantung fase I, latihan aktivitas fisik, pengetahuan, tingkat kepatuhan.
Title of the Thesis: The Relationship between Knowledge and Level of Adherence of Cardiovascular Patients to Perform Physical Activity of Phase-I Cardiac Rehabilitation at H. Adam Malik General Central Hospital Medan

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ABSTRACT

Medical management for patients with cardiovascular disease after acute condition is resolved and a stable haemodynamic status are encouraged to follow the recovery program through a phase-I cardiac rehabilitation program. The program includes physical activity, psychological counseling and behavioral therapy towards a healthy lifestyle. Although patients may be knowledgeable about physical activity program, factors such as physical barriers, personal barriers, and lack of referral may inhibit adherence. The objective of this descriptive correlational study identified if there is a relationship between knowledge and level of adherence of cardiovascular patients to perform the physical activity of phase-I cardiac rehabilitation in H. Adam Malik General Central Hospital Medan. A number of 36 samples were involved and approached using purposive sampling. The instrumentation is including demographic data, physical activity knowledge questionnaires, and daily checklists of physical activity were used. Data were analyzed by using chi square. The result of the research indicated that there was a significant correlation between knowledge and level of adherence (p= 0.031). It is recommended that the hospital’s decision maker need to develop and to authorize a standardized operational procedure containing physical activity of phase-I cardiac rehabilitation. Nurses should be concerned about physical activity progression of cardiac rehabilitation in patient with cardiovascular disease.

Keywords: cardiovascular disease, phase-I cardiac rehabilitation, physical activity, knowledge, level of adherence