

**INTERVENSI TELEREHABILITASI JANTUNG SEBAGAI MODIFIKASI INTERVENSI
REHABILITASI JANTUNG DIMASA PANDEMI COVID-19 : *LITERATUR REVIEW*
(*A Study of Literature: Cardiac Telerehabilitation Intervention As A Modification Cardiac
Rehabilitation Intervention During Covid-19 Pandemic*)**

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ABSTRAK

Latar Belakang: Peningkatan jumlah pasien terkonfirmasi covid-19 semakin meningkat sehingga kegiatan rehabilitasi jantung secara langsung di rumah sakit tergolong terhambat. akibat dari pembatasan mobilitasi maka berdampak pada partisipan yang menjalani rehabilitasi jantung oleh karena itu cara untuk mengatasi hambatan tersebut yaitu dengan modifikasi rehabilitasi jantung dengan model telerehabilitasi jantung

Tujuan: Tujuan penulisan literatur review ini adalah untuk merekomendasikan intervensi telerehabilitasi jantung sebagai modifikasi terapi rehabilitasi jantung dimasa pandemi covid-19.

Metode: Metode penelitian ini menggunakan penelitian literature review melalui database jurnal penelitian seperti Pubmed, ProQuest, Google Scholar. Cari atau cari artikel penelitian di beberapa database menggunakan kata kunci tertentu pada periode 2017-2021. Hasil pencarian didapatkan 10 artikel yang memenuhi kriteria inklusi. Peneliti menilai 10 artikel dengan teknik penilaian kritis, analisis kritis 10 artikel dilakukan berdasarkan desain, populasi dan sampel, pengambilan sampel, perlakuan, temuan dan kesimpulan

Hasil: Hasilnya telerehabilitasi bisa dilaksanakan dengan penggunaan seperti pesan ,video konsultasi, email ataupun sosial media yang ada, bisa digunakan sebagai rujukan media untuk dilakukannya telerehabilitasi jantung selama pandemi covid-19. Keberhasilan dari telerehabilitasi jantung dapat meningkatkan kepatuhan terhadap berjalannya pelaksanaan gaya hidup sehat secara berkelanjutan.

Kesimpulan: Telerehabilitasi jantung disarankan selama pandemi covid-19 sebagai intervensi perawatan sekunder yang harus tetap dilaksanakan sebagai model pengganti rehabilitasi jantung secara langsung.

Kata Kunci : rehabilitasi jantung, telerehabilitasi jantung, covid-19.

***A STUDY OF LITERATURE: CARDIAC TELEREHABILITATION INTERVENTION
AS A MODIFICATION CARDIAC REHABILITATION INTERVENTION DURING
COVID-19 PANDEMIC***

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Rehabilitation Intervention During Covid-19 Pandemic)***

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ABSTRACT

Background: The number of confirmed COVID-19 patients is increasing so that direct cardiac rehabilitation activities in hospitals are classified as hampered. as a result of limitation of mobilization, it has an impact on participants undergoing cardiac rehabilitation, therefore the way to overcome these obstacles is by modifying cardiac rehabilitation with a cardiac telerehabilitation model.

Objective: The purpose of writing this literature review is to recommend cardiac telerehabilitation interventions as a modification of cardiac rehabilitation therapy during the COVID-19 pandemic.

Methods: This research method uses literature review research through a database of research journals such as Pubmed, ProQuest, Google Scholar. Search or search for research articles in several databases using certain keywords in the 2017-2021 period. The search results obtained 10 articles that met the inclusion criteria. Researchers assessed 10 articles with critical assessment techniques, critical analysis of 10 articles was carried out based on design, population and sample, sampling, treatment, findings and conclusions

Results: The results are that telerehabilitation can be carried out using messages such as messages, video consultations, email or existing social media, which can be used as a media reference for cardiac telerehabilitation during the COVID-19 pandemic. The success of cardiac telerehabilitation can increase adherence to the ongoing implementation of a healthy lifestyle.

Conclusion: Cardiac telerehabilitation is recommended during the covid-19 pandemic as a secondary care intervention that should still be implemented as a direct replacement model for cardiac rehabilitation.

Keywords: cardiac rehabilitation, cardiac telerehabilitation, covid-19.