

LAPORAN ASUHAN KEPERAWATAN GERONTIK PADA Bp.H DENGAN DEMENSIA DI WILAYAH KERJA PUSKESMAS DEPOK 3 D.I. YOGYAKARTA

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ABSTRAK

Latar Belakang: Lansia mengalami kemunduran sistim tubuh. Salah satu sistim tubuh yang mengalami kemunduran adalah sistim kognitif atau intelektual yang sering disebut demensia. Demensia apabila tidak segera ditangani akan menimbulkan dampak buruk bagi lansia. Melihat pentingnya pemberian asuhan keperawatan pada lansia yang mengalami penurunan fungsi kognitif maka penulis tertarik untuk memberikan asuhan keperawatan sebagai salah satu upaya pencegahan demensia dan peningkatan kualitas hidup lansia. **Tujuan:** Memberikan asuhan keperawatan pada lansia Bp.H dengan masalah keperawatan utama gangguan memori di wilayah kerja Puskesmas Depok 3. **Metode:** Metode yang digunakan adalah studi kasus pada subjek lansia Bp.H dengan masalah keperawatan utama gangguan memori di wilayah kerja Puskesmas Depok 3 dengan pendekatan keperawatan gerontik meliputi pengkajian, diagnosa, perencanaan, pelaksanaan, serta evaluasi yang dilakukan selama 3x90 menit dalam 3 hari dirumah lansia Bp.H. **Hasil:** Hasil pengkajian didapatkan data yang mendukung diagnosa keperawatan utama yaitu gangguan memori berhubungan dengan proses penuaan. Intervensi yang telah dilakukan adalah latihan memori dengan tindakan utama senam otak (*brain gym*) dan setelah 3x90 menit pemberian asuhan keperawatan didapatkan hasil evaluasi keperawatan yaitu masalah gangguan memori teratasi. **Kesimpulan:** Kriteria hasil pada tujuan perencanaan keperawatan pada masalah keperawatan gangguan memori berhubungan dengan proses penuaan pada Bp.H tercapai sepenuhnya karena adanya faktor pendukung yaitu tersedianya *evidence based practice* keperawatan serta Bp.H yang kooperatif selama pelaksanaan keperawatan serta tidak ditemukannya hambatan selama proses keperawatan.

Kata Kunci: *Brain gym*, Demensia, Gangguan memori, Senam Otak

GERONTIC NURSING CARE REPORT OF MR.H WITH DEMENTIA IN WORK AREA OF DEPOK 3 HEALTH CENTER D.I. YOGYAKARTA

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ABSTRACT

Background: Elderly experiencing deterioration of the body system. One of the body systems that experiences deterioration is the cognitive or intellectual system which is often called dementia. Dementia if not treated immediately will have a bad impact on the elderly. Seeing the importance of providing nursing care to the elderly who experience a decline in cognitive function, the author is interested in providing nursing care as an effort to prevent dementia and improve the quality of life of the elderly. **Objective:** Provide nursing care to the elderly Mr.H with the main nursing problems of memory impairment in the work area of the Depok Health Center 3. **Method:** The method used is a case study on the subject of elderly Mr.H with the main nursing problem of memory disorders in the work area of the Depok 3 Health Center with a gerontic nursing approach including the study, diagnosis, planning, implementation, and evaluation carried out for 3x90 minutes in 3 days at the elderly home Mr.H. **Results:** The results of the study obtained data that supports the main nursing diagnosis, namely memory disorders related to the aging process. The intervention that has been carried out is memory exercises with the main action of brain gymnastics (brain gym) and after 3x90 minutes of nursing care, the results of nursing evaluation are obtained, namely the problem of memory impairment is resolved. **Conclusion:** The outcome criteria on the objectives of nursing planning on the issue of nursing memory impairment related to the aging process in Mr.H were achieved entirely due to supporting factors, namely the availability of evidence-based nursing practice and Mr.H who was cooperative during the implementation of nursing and the absence of obstacles during the nursing process.

Keywords: Brain gym, Brain Gymnastics, Dementia, Memory impairment