

## PENERAPAN METODE TEACH-BACK UNTUK MENINGKATKAN PENGETAHUAN PASIEN YANG MENJALANI HEMODIALISIS

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### ABSTRAK

**Latar Belakang :** Pasien yang menjalani hemodialisis dengan defisit pengetahuan terkait terapi. Kurangnya pemahaman mengenai konsep dasar hemodialisis dapat berdampak pada kualitas hidup pasien. Metode *teach-back* merupakan strategi edukasi interaktif yang memungkinkan evaluasi pemahaman pasien secara langsung melalui pengulangan informasi dengan kata-kata mereka sendiri.

**Tujuan:** Menerapkan metode *teach-back* untuk meningkatkan pengetahuan pasien yang menjalani hemodialisis melalui pendekatan asuhan keperawatan yang meliputi pengkajian, diagnosis, intervensi, implementasi, dan evaluasi.

**Metode:** Penelitian ini menggunakan rancangan studi kasus deskriptif pada dua pasien hemodialisis di Rumah Sakit Umum Daerah Sleman. Data diperoleh melalui wawancara, observasi, serta edukasi kesehatan menggunakan media leaflet dengan pendekatan *teach-back*. Proses keperawatan dilakukan mulai dari pengkajian, penetapan diagnosis, perencanaan intervensi, implementasi, hingga evaluasi.

**Hasil:** Penelitian menunjukkan bahwa setelah dilakukan edukasi kesehatan dengan pendekatan metode *teach-back* selama 1 kali pertemuan didapatkan hasil tingkat pengetahuan kedua pasien meningkat

**Kesimpulan:** Penerapan metode *teach-back* terbukti efektif dalam meningkatkan pengetahuan kedua pasien hemodialisis.

**Kata Kunci:** hemodialisis, *teach-back*, pengetahuan, asuhan keperawatan

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## **APPLICATION OF THE TEACH-BACK METHOD TO IMPROVE THE KNOWLEDGE OF PATIENTS UNDERGOING HEMODIALYSIS**

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### **ABSTRACT**

**Background :** Patients undergoing hemodialysis experience knowledge deficits related to therapy. This lack of understanding of basic hemodialysis concepts can impact their quality of life. The teach-back method is an interactive educational strategy that allows for direct assessment of patient understanding by repeating information in their own words.

**Objective :** Implementing the teach-back method to improve the knowledge of patients undergoing hemodialysis through a nursing care approach that includes assessment, diagnosis, intervention, implementation, and evaluation.

**Method :** This study used a descriptive case study design on two hemodialysis patients at Sleman Regional General Hospital. Data were obtained through interviews, observations, and health education using leaflets using the teach-back approach. The nursing process included assessment, diagnosis, intervention planning, implementation, and evaluation.

**Results :** The study showed that after one session of health education using the teach-back method, the knowledge levels of both patients increased.

**Conclusion :** The implementation of the teach-back method proved effective in improving the knowledge of both hemodialysis patients.

**Keywords :** hemodialysis, teach-back, knowledge, nursing care

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