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**SEKOLAH TINGGI ILMU KESEHATAN
JENDERAL ACHMAD YANI
CIMAHI**





TELENURSING OUTCOME FOR MANAGEMENT CHRONICAL ILLNESS

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ABSTRACT

Background: Many chronic diseases currently require comprehensive treatment from all fields, especially health. Telenursing can use telenursing for manage chronic diseases used such as telephone, computer, applications in mobile telephones.

Objective: This literature review answers what outcome of telenursing in the management of chronic diseases. **Methods** Articles were collected through electronic databases through electronic databases CINAHL, Proquest, Google scholar and Science Direct using keyword telenursing, chronic disease, chronic illness. The inclusion criteria were studies to journals published in the period between the years 2009-2019

Result: telenursing can be used as part of chronic disease management for patients families and caregivers. Telenursing can be Solution for distance communication, education, follow up and treatment between nurse and patient.

Conclusion: more empirical work about outcome telenursing need require for further investigation to find other outcome.

Keywords: Chronic diseases, Chronic illness, Telenursing.

INTRODUCTION

Indonesia as a developing country, a chronic disease or shows an increase every year, Chronic diseases such as heart disease, hypertension, cancer, stroke, chronic kidney failure and diabetes mellitus recorded in basic health research data experienced a significant jump in numbers. In 2013 Riskesdas the prevalence of several chronic diseases such as hypertension, chronic renal failure, stroke and DM increased. Cancer incidence from 1.4% to 1.8%, stroke from 7% to 10.9%, chronic kidney failure from 2% to 3.8%, DM 6.9% to 8.5%, hypertension 25.8% to 34.1% ((Badan, 2013, 2018) . The high prevalence of chronic diseases goes hand in hand with the high mortality caused by chronic diseases. Even according to WHO records, the cause of death in several countries, one of which is the State of Indonesia is due to chronic diseases. Chronic diseases that cause death are heart disease and stroke (Raghupathi & Raghupathi, 2018).

The increase in some chronic diseases has an impact on the welfare of a country. Chronic illness is closely related to the decrease in productivity of a person, if a country with a high chronic disease how the quality of the country is seen from its human resources how the productivity of human resources in the country. Chronic illness is a condition in which the disease takes a long time for the healing process and rarely for spontaneous recovery, can cause disability and death (Ambrosio et al., 2015).

The Indonesian government's strategy of chronic diseases management control is to build Posbindu PTM (Penyakit Tidak Menular), from 2015 and until now the number of PTM Posbindu has increased in line with the community's need for the existence of this program. The Indonesian government's strategy in this regard Strengthening primary health care (Primary Health Care) is: 1) Improving and empowering the community. 2. Carry out Public Health Efforts. 3. Carry out Individual Health Efforts. 4. Monitor and encourage health-oriented development. The high rate of chronic disease is due to several factors such as behavioral or lifestyle risk factors such as smoking, lack of physical activity and less consumption of vegetables and fruit. it is necessary to proactively detect early through community visits because 3/4 sufferers do not know that they suffer from non-communicable diseases, especially for workers. In addition, it is necessary to encourage districts / cities that have PHBS (Prilaku Hidup Bersih Sehat) policies to implement smoke-free areas in order to be able to limit the space for smokers (Lingkungan, 2015).

With the development of technology, health workers can use technology such as telephone, application, SMS, whats app. Telenusing is the provision of nursing care to patients remotely using technology such as telephone, computer, internet,

smartphone that has various applications ((Forces, Southern, Mushait, & Informatics, 2016)

Telenursing is integrated in providing nursing care, telenursing is a long-distance nursing care but in principle does not reduce or merit the principles of nursing care. nurses continue to do nursing care which includes assessment, diagnosis, planning, implementation and evaluation. In telenursing also involves the process of education to patients as well as a referral system. Although the provision of long-distance nursing care therapeutic relationships still exist through telenursing media such as telephone, internet or others (Nurhidayah, 2010).

METHODS

The Articles were collected through electronic databases CINAHL, Proquest, <https://scholar.google.com/> and ScienceDirect using keywords telenursing, chronic diseases, chronic illness, the inclusion criteria were studies to journals published in the period between the years 2009-2015

RESULTS AND DISCUSSION

25 articles were collected, 7 articles were selected according to the desired criteria. Of the 7 articles that discuss the benefits of telenursing both for patients and families, or care givers involved in the management of chronic disease patients in several countries such as: Indonesia, Iran, US,. As for the 7 articles of this chronic disease that are included include, patients with asthma, diabetes, tuberculosis, chronic kidney failure undergoing hemodialysis, families or caregivers who treat patients with cancer and stroke. The majority of the articles reviewed used a quasi-experimental study design of 7 articles and 1 systematic review article with a few random control trials.

Media used as telenursing are questions using telephone as a follow-up technique, some are using face-to-face with videoconferencing as well as social media in handheld telephone applications. The length of the study ranged from 3 months to 9 months. Research techniques do not only use telephone but some research also combines with direct home visite in several meeting sessions and uses other media such as log books and handbooks.

DISCUSSION

Telenursing is a long distance nursing intervention, an intervention solution because of the

limitations of distance in nursing interventions. Seeing the condition of chronic diseases in management requires long-term care and continuous monitoring of telehursing staff can be a solution in this case, in practice telenursing can be beneficial in several ways such as: cost efficiency can reduce the cost of patient visits to health facilities, increase the affordability of nursing services , reducing the length of stay in hospital and also the management of patients with chronic diseases that require ongoing monitoring. Chronic diseases in the literature review raised among them: diabetes mellitus, stroke, hypertension, pulmonary tuberculosa, chronic kidney failure and cancer.

In this literature telenursing is not only beneficial for patients themselves but also can overcome several problems in families who have chronic disease patients. As in the study (Goudarzian, Fallahi-Khoshknab, Dalvandi, Delbari, & Biglarian, 2018), the study of caregiver patients with stroke, in this study known to use telenursing techniques can overcome psychological problems that is anxiety that is often experienced by caregiver stroke patients. Besides telenursing can also improve the quality of services both psychologically and psychosocial caregiver families with cancer. In patients with other chronic diseases telenursing is effective for: reducing blood sugar levels during diabetes and empowerment in patients with DM (Patimah, Nugraha, Wahyudi, Susyanti, & Listyorini, 2018; Young et al., 2014)); blood pressure in people with hypertension ((Hosseini & Ziaeirad, 2016)); self-efficacy and weight control in patients with chronic renal failure with hemodialysis ((Hosseini & Ziaeirad, 2016)); improve the knowledge of pulmonary tuberculosis patients ((Wulandari, 2018)).

From the articles collected, almost all of them used a quasi-experimental research method with a control group. The average time in the study for telenursing ranged from 1 month to 3 months in length with telaurising 1 time a week with a duration of 20-30 minutes each session. Other media used are telephones made via sms, social media groups and teleconferences

CONCLUSIONS

Throught the review of this article is know telenursing effectiveness on chronical illness TBC, ESRD on hemodialysis, diabetes mellitus family caregivers of patients with stroke, cancer, infark miokardium, familit patient with stroke, quality of physical care and psychosocial care and

generally improved the quality of care in family caregivers of patients with cancer, fasting blood glucose, improvement of self-efficacy and weight control in patients treating with hemodialysis, improvement knowledge patient TBC anxiety, Diabetes Empowerment Scale (DES), Medication and Dietary Adherence among Patients after Myocardial Infarction.

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CERTIFICATE OF APPRECIATION

This certificate is awarded to

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3. Getting Ready for Baby : Introduction, Implementation and Evaluation of Group Based Care and Education in Northern Ireland
4. Nursing in the Digital World
5. Health Care Challenges in 4th Industrial Revolution
6. Manila Declaration on The Harmonization of Medical Technology/ Medical Laboratory Science/ Biomedical Science Towards Modern Public Health
7. Setting the Parameters of the Medical Laboratory Science Education and Training Towards ASEAN Standards : The 2017 Manila Declaration
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ORAL / POSTER PRESENTATION

4 SKP PAFI no. 293/PP.PAFI/SK/IX/2019 (Oral Presentation)

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