

ANALYSIS OF HOME CARE NEED AMONG PATIENTS WITH CHRONIC RESPIRATORY DISEASE

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Abstract

Chronic respiratory diseases are chronic diseases of airways and other structures of the lung. People with chronic respiratory disease have difficulties breathing, primarily due to the narrowing of their airway. They need to admit in hospital for getting treatment from medical services to improve health status and reduce dyspnea. However this condition need long term care and need rehabilitation program that can be planed by home care. The objective of study was to identify kind of needs among patients with respiratory disease (chronic respiratory diseases) and to prevent exacerbation and also to increase quality of life for patient with chronic respiratory diseases. This study was conducted at Arifin Achmad Government Hospital Pekanbaru, Indonesia. Participant was eligible if they have diagnosis chronic respiratory problem and selected by purposive sampling. A total of 60 patients are agreeing to participate in this study. Each participant recruited was required to complete home care chronic respiratory disease (HCCRD) questioner. The questioner used rating scale 1 to 4(1: not all need, 2: somewhat need, 3: Pretty need, and 4: very need). Content validity index of HCCRD questioner at level 0, 82 and reliability was tested by 20 respondents at level 0, 92. The study design was descriptive analysis. The result study showed that, male more than female have chronic respiratory diseases. The mean of age was 47,5 years old; 37 % were men, majority were employee clerical and trade job. Over a half (56%) of respondents have secondary education and were current smoker (45%) and also had limited exercise (52%). There was 37% respondents need to make oxygen available at their home; most of them also need more information related to their diseases, physical exercise, deep breathing relaxation technique, consult to dietary consultant and also need medical checkup for lung function. However majority of them didn't need pot sputum and wheel chair but almost of them need to follow up their health status regularly by health care provider. Patient with chronic respiratory diseases need home care to improve their quality of life. Home care services can increase quality of daily activity by follow up health condition regularly, provide information and show kind of exercise to prevent exacerbation.

Keywords: Home Care, Needs, Chronic Respiratory Diseases

BACKGROUND

Chronic Respiratory diseases are chronic diseases of the airways and others parts of the lung however if did not maintenance will be more worse (Papalodpolous, 2011). According to Global Initiative for Obstructive Lung Disease(GOLD, 2012), there is characteristic airways disorder that lead to

inflammation responds that caused by pollutants or gas.

According to Data from World Health Organization (WHO) that chronic respiratory diseases especially COPD every years the prevalency of morbidity and mortality is increase. The total number of COPD is estimated become 4,8 million in Indonesia and the fourth cause of death. GOLD predict that COPD leading cause the

third of death in the world (Papadopoulos et al, 2011) and Arifin Achmad Government Hospital record that the total number of patients with COPD was fluctuation since 2011 until 2013. The high number of patient with COPD on 2012 after Tuberculosis and Asthma patients. This situation related to air pollution in Pekanbaru is unhealthy caused by burn forest that make index air pollution more than 150 psi ((Republika Online, 24 February 2014).

Change of lung function among COPD patients will be decreased lung cavity and also will be effect to the quality of life. Musculoskeletal disorder will be underlying that make limited exercise tolerance and activity to provide their need in their life. It will be taken long time. Previous study shown that COPD patients are confronted with daily life limitations, reduced daily activities, and reduced health related quality of life caused by complaints such as dyspnea, skeletal muscle disfunction.

Medication and rehabilitation programs are generally directed towards relief symptoms and improvement lung functions and exercise tolerance. COPD patients need to relaxation exercise, and deep breathing regularly. It can be do by self at home or taught by physiotherapies. In addition to physical exercise, the patients were supervised each month by nurse. The

nurse visits the patients at home and her task is to give patients and family members insight into possible disabilities and handicaps due to impairment of the lungs. The nurse also need to provide information about various strategies for treatment, how to use medication, how the patients can cope the disease by oxygen if necessary, and the role to do rehabilitation. The family need to understand the condition of COPD patients.

Home care is supportive care provided in the home. Home care visit is a kind of long term care. It can be provide by nurse professional or vocational to help to ensure the activities of daily life and to avoid unnecessary hospitalization.

The purpose of this study is to identify what kind need of COPD patients are not admitted in hospital, and how to prevent exacerbation. Beside that this study also want to know how to improve the quality of life among COPD patients.

METHODS

This study identified kinds of COPD patients needs after admitted in hospital and how to prevent exacerbation. This study was conducted in Arifin Ahmad Government Hospital in Pekanbaru, Indonesia on July 2014. A convenience sample of chronic respiratory disease 60 patients was obtained via purposive sampling in Medical ward.

Data collection was collected used questionnaire . It contained 20 items that consisted of question related to home care of chronic respiratory disease . Each subject was asked with rate on rating schale 1 to 4(1: not all need, 2: somewhat need, 3: Pretty need, and 4: very need).Possible score range 20 to 80. Content validity index of HCCRD questioner at level 0, 82 and reliability was tested by 20 respondents at level 0, 92. The study design was descriptive analysis. Data were analysis used description statistic.

RESULTS

Male more than female have chronic respiratory diseases. The mean of age was 47,5 years old; 37 % were men, majority were employee clerical and trade job. Over a half (56%) of respondents have secondary education and were current smoker (45%) and also had limited exercise (52%).There was 37% respondents need to make oxygen available at their home; most of them also need more information related to their diseases, physical exercise, deep breathing relaxation technique, consult to dietary consultant and also need medical checkup for lung function. However majority of them didn't need pot sputum and wheel chair but almost of them need to follow up their health status regularly by health care provider.

DISCUSSION

Exacerbation of chronic respiratory diseases are major cause of hospital admission. The role of nurse support and education in preventing exacerbation should be provided. The study found that the total number male subject (52%) more than female (48%) have chronic respiratory disease and have average age 47,5 years old. This finding similar with prior study. According to Pat, Denis, and Dirkje (2009) that men usually exposure smoker and impaired lung fuction and also more likely to develop COPD. However the effect aging on respiratory system will change the fuction such as system compliance, respiratory muscle strength, and ventilation-perfusion relation.

Patients with COPD mayority need oxygen to make available at home. Using oxygen long term will improve survival of COPD patient. According to James (2010) that short term could improve exercise performance for COPD patients and moderate hypoxemia but long term use of oxygen was not survival benefit. They should use oxygen while they need based on the desaturation because each condition will different such as exercise, sleep or rest.

Patient with Chronic respiratory disease also need exercise to make muscle

relaxation. The exercise could be provide regularly by physiotherapist, nurse care provider professional or vocational. According to Marvyn (2008) that exercise should practice teice a day for a half an hour at home. Patient should practice deep breathing, purse lips, and also upper limp. Based on Celli et. al (2004) that patients with COPD need to reassessment to follow up lung condition each 4 weeks. In addition patients with COPD also need pot sputum for avoid nosocomial especcially for prevent to members family.

COPD patients also need to get more information to maintenance health status from health care provider. Wijkstra, Van Altena, Kraan, Otten, Postma, and Koeten (1994) said that the information should cointene about how to prevent exacerbation, how to get treatment and how to use inhaler with efecient and effective and how to prevent risk factor that could trigger exacerbation. The health education need to provide to patient and members that can help to support quality of life of COPD patients.

CONCLUSION

Patient with chronic respiratory diseases need home care to improve their quality of life. Home care services can increase quality of daily activity by follow up health

condition regularly, provide information and show kind of exercise to prevent exacerbation.

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