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WORD COUNT 4083
TIME SUBMITTED 02-NOV-2024 12:50PM
PAPER ID 112702955

Malahayati International Journal of Nursing and Health Science, Volume 07, No.8, October 2024: 1026-1033

MINH
MALAHAYATI INTERNATIONAL JOURNAL OF NURSING AND HEALTH SCIENCE
ISSN 2620-9152 (Print)
ISSN 2621-4083 (Online)
DOI: 10.33024

Nomor: 79/E/KPT/2023

ARTICLE INFORMATION
Received: March, 28, 2024
Revised: October, 30, 2024
Available online: October, 31, 2024
at : https://ejurnal.malahayati.ac.id/index.php/minh

Family support and self-care management of patients with chronic kidney disease undergoing hemodialysis

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Abstract

Background: Self-care management refers to the proactive steps taken by patients to engage in their own healthcare in order to reach optimal health. Family support is demonstrated through positive responses and acceptance of the family member.
Purpose: To investigate the impact of family support on self-care management among chronic kidney disease patients receiving hemodialysis.
Method: The study employed a quantitative analytical method with a cross-sectional design. The population included patients diagnosed with chronic kidney disease at Ir. Soekarno General Hospital in Sukoha A total of 44 respondents were chosen through purposive sampling. Data analysis was conducted using the Pearson correlation test.
Results: Show a correlation coefficient of r=0.671 with p=0.000 < 0.05, indicating a strong relationship between family support and self-care management in patients undergoing hemodialysis. This suggests that various aspects of family support contribute to improving the patients' ability to manage their self-care.
Conclusion: Strong family support plays a crucial role in enhancing the self-care management of hemodialysis patients, helping them achieve improved health outcomes.

Keywords: Family Support; Hemodialysis Patients; Self-Care Management.

INTRODUCTION

Chronic Kidney Disease (CKD) is an irreversible condition characterized by abnormalities in kidney structure and function, leading to the body's inability to maintain metabolic processes and balance fluid and electrolytes, which results in uremia. CKD is defined as kidney damage lasting more than three months, marked by changes in kidney structure and function. Impaired renal function is indicated by elevated levels of urea and creatinine, as well as abnormalities in urine sediment, electrolytes, histology, and kidney structure (Cahyani, Prasetya, Abadi, & Prihatiningsih, 2022).

Over the past two decades, the prevalence of CKD has been on the rise. In Indonesia, the number of patients requiring hemodialysis has increased yearly, with an estimated 17,193 new patients and 11,689 active patients recorded in 2019, alongside a mortality rate of 2,221 (Indonesian Renal Registry, 2014). Among the population aged 15 and older, the diagnosed rate of chronic kidney disease is 0.2% (Ministry of Health of the Republic of Indonesia, 2018). This figure is lower than the prevalence rates observed in other countries (Indonesian Nephrologist, 2023; Lubis & Thristy, 2023).

The kidneys play a crucial role in eliminating unnecessary materials and metabolic waste from the body, filtering out substances that are no longer needed while retaining those that are essential. They also regulate water levels and various other materials within the body. Chronic kidney disease disrupts the

DOI: https://doi.org/10.33024/minh.v7i8.291

kidneys' ability to maintain fluid and electrolyte balance and diminishes their capacity for metabolic processes, leading to uremia due to the accumulation of waste products that the kidneys can no longer excrete. This condition results in progressive and irreversible damage to kidney tissue (Udlma, Sudarsih, & Merbawani, 2022).

As a consequence, the buildup of urea in the blood (uremia) in patients with chronic kidney disease necessitates ongoing and continuous hemodialysis treatment. Both physical and psychological complications can significantly hinder these patients' ability to engage in independent self-care. Issues experienced by patients following hemodialysis, such as fatigue, dry lips, and skin itching, can impact their physical and mental well-being, ultimately interfering with their daily activities (Wijayanti, Dinarwiyata, & Tumini, 2018).

Hemodialysis is a treatment option for individuals with end-stage chronic kidney disease. In these patients, changes occur in the immune system, leading to a weakened immune response and increased susceptibility to infections. While hemodialysis is effective in managing symptoms, it does not cure or restore kidney function, nor can it compensate for the loss of metabolic or endocrine activity caused by kidney disease. Additionally, the effects of kidney disease and its treatment can significantly impact a patient's quality of life (Cayhani et al., 2022).

The hemodialysis process involves filtering and purifying blood through a semipermeable membrane and is indicated for both acute and chronic kidney function impairment. For patients with chronic kidney disease, hemodialysis is typically performed 2-3 times a week, with each session lasting 4-5 hours. In many cases, CKD patients may require hemodialysis for the duration of their lives (Udlma et al., 2022). During treatment, patients often face limitations on their lifestyle due to specific guidelines they must follow to avoid worsening their condition (Manalu, 2020).

To address the various issues caused by illness and therapy, patients must engage in self-care. With the rising prevalence of chronic diseases worldwide, there has been growing attention on patients' ability to manage their own care. The increasing costs of medical care and the shortage of healthcare educators highlight the importance of enhancing self-care as a means to improve the quality of life for those with chronic conditions, as well as their families and communities (Rahmanti & Sunarto, 2022). This need arises from the ongoing spread of chronic diseases in modern times. Every person has the potential to manage their own health (Apriyanti, Saputra, & Indra, 2021). Self-care management represents a proactive approach by patients to actively participate in their healthcare, with the goal of achieving optimal health, preventing complications, controlling symptoms, following treatment plans, and minimizing the impact of illness on their daily lives (Sulistyaningsih, Noor, & Rokhayati, 2022). It involves various techniques aimed at altering behaviors, thoughts, and emotions, including self-monitoring, positive reinforcement, self-agreement, and stimulus mastery. Failing to practice self-care can exacerbate symptoms, potentially leading to hospitalization (Ulumy, Yuswanto, & Ramlan, 2023).

Self-care theory posits that self-care behaviors are natural decisions shaped by individual characteristics such as age, gender, and education, as well as by issues like comorbidities and the surrounding environment, particularly social support. Self-care consists of several components, including self-integration, self-regulation, interactions with healthcare professionals and others, monitoring one's health status, and adherence to recommended guidelines (Aprilla & Fayasari, 2022).

The ability to engage in self-care is influenced by fundamental conditioning factors such as age, gender, developmental status, health status, socio-cultural background, the healthcare system (including diagnostics and management modalities), family dynamics, lifestyle patterns, environmental factors, and the availability of resources. A lack of effective self-care can lead to a self-care deficit, particularly when health changes (Health Deviation) occur due to alterations in normal bodily structure or damage that affects an individual's ability to perform self-care because of an illness (Hasan, Mulyati, Supriadi, Inayah, & Susilawati, 2022).

Family serves as a significant external factor with a strong connection to the patient. Their presence can offer meaningful support, especially when patients face various challenges related to complex life situations and health programs (Saraswati, Antari, & Suwartini, 2019). Families play a crucial role in the healing process, particularly through their affective function, which relates to the internal dynamics that

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form the family's strength. This affective function helps meet psychosocial needs, enabling family members to develop a positive self-concept, a sense of belonging, reinforcement, support, a sense of meaning, and a source of affection (Cumayunaro, 2018).

Family support for patients is evident through positive responses and acceptance of their ill family members (Wijayanti et al., 2018). For hemodialysis patients, family social support can be categorized into four dimensions: emotional support, which involves expressions of empathy and care; informational support, where families provide relevant information about chronic kidney disease; instrumental support, which includes material assistance; and appreciation support, where family members act as guides and problem solvers (Apriliana, 2020).

Family support is a critical factor influencing adherence to hemodialysis treatment. Non-compliance can exacerbate health issues, leading to increased morbidity and mortality rates (Paath, Masi, & Onibala, 2020). A study conducted at the Hemodialysis Unit of RSUD Ir. Soekarno Sukoharjo found that on a given day, 50 patients were undergoing hemodialysis twice a week. Interviews with the head nurse revealed that some patients were not accompanied by family members, while others were simply dropped off or picked up by them.

RESEARCH METHOD

Quantitative analytic approach with a cross-sectional design study. The research population includes patients diagnosed with chronic kidney disease at Ir. Soekarno General Hospital in Sukoharjo. A sample of 44 respondents was selected through purposive sampling. Family support is the independent variable, while self-care management is the dependent variable. The inclusion criteria consist of CKD patients, patients who have been on hemodialysis for a minimum of one year, and are between 17-75 years old. Family support data were gathered using a 24-item questionnaire assessing emotional, informational, instrumental, and appraisal support. Responses were measured on a Likert scale and categorized as follows: scores 25-50 indicate low support, 51-75 indicate moderate support, and 76-100 indicate high support. Self-care management data were collected using the Hemodialysis Patients Self-Care Measurement Scale, which includes aspects such as diet, stress management, safe food practices, exercise, habits, shunt care, therapeutic diet, and observation of guidance. Self-care management scores are classified as low (<33), moderate (34-67), and high (68-100). Data were analyzed using Pearson's correlation test. The study received ethical approval from the Health Research Ethics Committee (KEPK) at the Faculty of Medicine, Muhammadiyah University of Surakarta, under the approval number 5181/B.1/KEPK-FKUMS/I/2024.

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RESEARCH RESULTS

Table 1. Characteristics of the Respondents

Variables	Results
Age (n/%)	
(Mean±SD)(Range)(Year)	(49.75±13.89)(20-72)
≤ 25	3/6.8
26-50	17/38.6
51-70	23/52.3
≥ 71	1/2.3
Gender (n/%)	
Male	28/63.6
Female	16/36.4
Family Support (n/%)	
Low	0/0.0
Moderate	12/27.3
High	32/72.7
Self-care Management (n/%)	
Low	0/0.0
Moderate	20/45.5
High	24/54.5

Table 1 shows the characteristics of the respondents, with an average age of 49.75 and a standard deviation of 13.89, ranging from 20 to 72 years old. The majority of respondents were male, totaling 28 (63.6%). Most respondents received high family support, with 32 (72.7%) in this category, while the majority of self-care management was in the high category, with 24 respondents (54.5%).

Table 2. Pearson Correlation Test Results

Variable	Self-care Management	
	Correlation	Sig. (2-tailed)
Family Support	0.671	0.000

Table 2 shows a relationship between family support and self-care management, with a correlation value of 0.671 and a significance (2-tailed) of 0.00.

Table 3. Cross Tabulation of Family Support and Self-care Management

Variable	Self-care Management		p-value
	Average (n=20)	High (n=24)	
Family Support (n/%)			
Moderate	12/60.0	0/0.0	0.000
High	8/40.0	24/100.0	

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Table 3 indicates that the relationship between family support and self-care management is predominantly in the moderate category, with 12 respondents (60.0%). In contrast, those with high family support primarily fall into the high self-care management category, comprising 24 respondents (100.0%).

DISCUSSION

The findings indicate that family support for hemodialysis patients falls into two categories: moderate (27.3%) and high (72.7%). Family support offers numerous benefits, as it helps individuals feel valued, appreciated, and loved. Family members are among the closest individuals to chronic kidney disease patients undergoing hemodialysis, enabling them to provide informational, emotional, instrumental, and evaluative support (Inayati, Hasanah, & Maryuni, 2021).

In this study, family support is predominantly categorized as high. Many families provide emotional support by accepting the patient's circumstances, sharing in their difficulties, committing to accompany the patient until they improve, and viewing the patient's challenges as shared family issues. In terms of evaluative support, families actively involve the patient in their treatment adherence, offering praise for positive actions, such as adhering to the doctor's fluid recommendations, and encouraging confidence in activities outside the home.

Family support is a form of social support that encompasses positive attitudes, actions, encouragement, and acceptance among family members, whether they are healthy or unwell, fostering mutual concern within the family. The good level of family support in this study reflects the family's willingness to adapt to the needs of their members undergoing hemodialysis. Given the significant changes experienced by hemodialysis patients, families must adjust to the patient's therapy, complications, shifting roles within the family, and changes in lifestyle.

The research results revealed that there were no cases of inadequate family support, although 27.3% of family support was classified as moderate. This insufficiency was evident in the instrumental aspect, where families rarely helped patients with tasks such as bathing, eating, engaging in physical activities, or managing daily household chores. This is often due to the assumption that patients can manage on their own, despite the fact that hemodialysis patients undergo physical, psychological, and social changes as they come to terms with their illness. For this reason, continued family support and assistance remain essential for these patients.

Further studies are needed to explore family knowledge about caring for members undergoing hemodialysis. High levels of family support can help patients feel more comfortable and happy in facing their illness and treatment, reducing stress and psychological burden. Patients also feel less isolated during their illness. Families often dedicate time to accompany the patient during treatment, provide information on recommended therapies, and assist with the patient's needs and financial costs (Anggraini & Nurvinanda, 2021). Family support significantly influences the self-care management of hemodialysis patients (Wijayanti et al., 2018). Social support sources for self-care management include the patient's partner (spouse), family members, and fellow hemodialysis patients (Arova, 2013).

At RSUD Ir. Soekarno Sukoharjo, most chronic kidney disease patients undergoing hemodialysis (54.5%) have achieved a high level of self-care management. CKD patients face complex physical, psychological, socio-economic, and spiritual challenges, making self-care management essential (Prastiwi, Martyastuti, Isrofah, & Alisyahbana, 2022). Effective self-care management is crucial for patients with chronic kidney disease on hemodialysis, as it directly relates to their ability to manage their condition. This process requires active involvement from both the patient and their family, as family participation plays a key role in determining successful self-care management (Yatilah & Hartanti, 2022). Self-care management includes fluid restrictions, dietary management, medication adherence, and vascular access care (Wijayanti et al., 2018). It prepares individuals to manage their health daily, practice specific health behaviors, and develop the skills and resilience to cope with the physical and emotional impact of their illness (Prastiwi, Sukmarini, & Isrofah, 2020).

Self-care management is evaluated using the Hemodialysis Patients Self-care Measurement Scale, which covers areas such as diet management, stress management, safe food practices, exercise/activity management, shunt/vascular access care,

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therapeutic diet habits, and adherence to care instructions (Shintani, 2007). Self-care management equips individuals to take charge of their health on a daily basis, adopt healthy behaviors, and develop the skills needed to handle both the physical and emotional effects of illness (Prastiwi et al., 2022). The majority of patients undergoing hemodialysis at Ir. Soekarno Sukoharjo Regional Hospital demonstrate high levels of self-care management. Based on the self-care management questionnaire, a portion of patients showed moderate scores in stress management, exercise/activity management, therapeutic diet adherence, and care instruction compliance. However, they performed well in diet management, safe food practices, and shunt/vascular access care.

Self-care management, or self-management, refers to a person's ability to protect themselves by following various treatments that can reduce the effects of an illness. It is essential for hemodialysis patients, especially in managing stress to maintain their health and improve their quality of life (Malinda, Sandra, & Rasyid, 2022). Poor self-management can worsen health and increase stress due to an inability to manage care effectively, while high self-management enables patients to better manage their illness and adhere to treatment. Self-management involves individual actions aimed at controlling daily life to mitigate the effects of disease. Stress management, in particular, can be supported by the help of others, with family support playing a crucial role in reducing stress (Kintan, Astuti, & Victoria (2023).

Cross-tabulation of data on family support and self-care management in hemodialysis patients shows that moderate self-care management is achieved with sufficient family support (100%), while high self-care management is linked to high family support (75%). High family support correlates with high self-care management skills in 24 respondents, demonstrating that better family support leads to improved self-care management in hemodialysis patients. Pearson product-moment correlation results show a significant relationship between family support and self-care management, with a p-value of 0.000 and r = 0.671 ($\alpha = 0.05$), indicating a strong correlation.

Participants in the study received family support in various aspects of self-care management, including financial help and transportation (Arova, 2013), as well as emotional support. Social support, especially from family members, is critical for CKD patients as it helps them adjust and accept their condition (Suandika, Hidayat, & Siwi, 2024; Rohmah, Wakhid, & Mawati, 2018).

CONCLUSION

High family support has a significant impact on improving self-care management for hemodialysis patients. The roles of both family members and nurses are essential in mutually supporting the self-care management capabilities of hemodialysis patients.

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