

The Relationship Between Nurse Caring Behavior With The Implementation Of Falling Risk Prevention On Elderly Patient In The Camar And Cucak Rowo Ward Of Dr. M Ashari Hospital Pemalang

Nurokhmah¹, Santoso Tri Nugroho²

¹Student of Nursing Program Faculty of Health Science, Pekalongan University

²Lecturer of Nursing Program Faculty of Health Science, Pekalongan University
nurma0692@gmail.com

Abstract

Background : Nurse caring behavior is an attitude of caring and respecting the patient's feelings. However, nurses at Dr. Ashari Hospital Pemalang, are still considered less *caring* by the opinion of the community. There are many criticisms about nursing services provided to patients, as well as the incidence of patients falling in the hospital. The purpose of this research is to find out the relationship between nurses' caring behavior towards the implementation of prevention of the risk of falling in the elderly in Camar and Cucakrowo Ward of Dr. M Ashari Hospital Pemalang. Method: This type of research uses quantitative type with descriptive analytic research design through cross sectional approach. The research sample was 35 respondents using total sampling technique. Data collection using questionnaires filled out by respondents and researchers. Spearman rank test was used to test the relationship between the independent variables and the dependent variable Results: Showing nurses' caring behavior mostly in the good category as many as 28 respondents (51.4%). The application of patient prevention to the risk of falling in the elderly is categorized as good (80.0%). Spearman rank test results show p value of $0.001 < 0.05$. Conclusion: There is a relationship between nurses' caring behavior towards the application of risk prevention to fall on the elderly in the Camar and Cucak rowo ward of Dr. M Ashari Hospital Pemalang. It is expected that the hospital will always evaluate the performance of the nurses about Caring Behavior so that the performance and service of the hospital will increase.

Keywords : Caring Behavior , Falling Risk, Application of risk prevention to fall in the elderly

Introduction

In Indonesia the health services provided by hospitals continue to grow and always changes due to the current era of globalization. It also has an important impact and influence in the health sector. Health care provider especially nurses are the main key in the success of achieving health development goals. The most important thing so that patients continue to use the hospital services is depend on how the patient feels satisfied of hospital services (Purwoastuti, 2015).

One of the expected actions is that nurses can foster good relations with patients through communication techniques and attitudes as well as caring behavior while providing nursing care to patients so that patient needs can be met. One way to overcome this problem is by caring attitude. Caring behavior is one of the standards of nursing care that must be carried out by a nurse (Paramastri, 2008).

Caring behavior is a universal phenomenon that influences the way humans to think, feel and have relationships with others (Patricia A. Potter & Anne G. Perry, 2009). Watson, who is famous for *Theory of Human Care*, emphasized that caring as a type of relationship and transaction is needed between the caregiver and client to improve and protect patients as humans, thereby affecting the patient's ability to recover.

Health services by means of and in a safe community environment are essential for welfare and survival. Patient safety is an important part of nursing service. One aspect of patient's safety in the hospital is effort to avoid the patient from the injury or fall during the patient undergoing treatment. Falling accident is the main cause of the accident. Fall is an event that causes conscious subjects to be objects on the surface of the ground accidentally.

Based on the Decree of the Minister of Health of the Republic of Indonesia Number 129 / Menkes / SK / II / 2008 concerning Minimum Service Standards (SPM) of the Hospital that the incidence of falling patients that ended in disability or death is expected to be 100% does not occur in hospitals. However, based on a report from the PERSI congress XII (Indonesian Hospital Association), in 2012 showed that the incidence of falling patients included in the top three hospital medical incidents and ranked second after medicine error. This proves that the incidence of falling patients is still high in Indonesia (Komariah, 2012).

Dr. M Ashari Hospital Pemalang, still obtained criticism of nursing services by patients. Patients said nurses were less friendly when interacting with patients, did not provide an explanation of the development of patient health, and did not introduce themselves when first meeting with patients

Data of elderly patients in Dr. M Ashari Hospital Pemalang from January to August 2018 are approximately 476 elderly and around 254 with a risk of falling, while the incidence of falling during that month is approximately 12 times due to external or internal factors. Elderly patients who have low fall risk criteria is 22.2%, moderate fall risk 55.6%, and high fall risk 22.2%. Based on the results of the preliminary studies that have been described, there are still many patients who feel unsatisfied with the service in terms of nurses *caring* behavior and the application of falling risk prevention in the elderly, it is necessary to do more in-depth research to get more valid or accurate results.

OBJECTIVE

The general objective of this study was to determine the relationship between nurses caring behavior with the application of falling risk prevention on elderly patient in camar and cucakrowo ward of Dr. M Ashari Hospital Pemalang. While the specific purpose of this study is to identify: a). Nurse *caring* behavior. b). Application of patients falling risk prevention on elderly patient c). Risk of falling in the elderly and d). The relationship between nurses *caring* behavior towards the application of prevention of patients falling risk in the elderly.

TEORY

Nurse caring behavior is an attitude of caring and appreciating the patient's feelings by devoting more attention to the patient. And that is an important aspect that must be done by nurses in nursing practice, in order to improve the degree of health and help the patient's recovery (Putinah, 2012).

In nursing, it is learned from a variety of philosophies meaning that it is not only nurses who behave caring but as humans we can also pay attention to others. The caring behavior of nurses and services that are comprehensive and holistic, help provide comfort and tranquility for patients (Kotler, 2008). The risk of falling is an increased vulnerability to falls which can cause physical harm (Wilkinson, 2011). Based on this understanding, the risk of falling is an unpleasant event or harm or endanger ones cause the patient to go down or slide to a lower place caused by extrinsic factors (environment) and intrinsic

factors (physiology) so that it can cause physical danger or injury.

According to the World Health Organization (WHO), an elderly person is someone who has entered the age of 60 years and over. Elderly is an age group in humans who have entered the final stages of their life phase. The group that is categorized as elderly will occur a process called *Aging Process* or the aging process.

Fall risk factors are divided into two namely intrinsic factor and extrinsic factor. Intrinsic factors or physiological factors consist of a history of falls, cognitive function, age or sex, mobility or movement, elimination, and medication. Extrinsic factors or environmental factors consist of staffing, slippery floors, dim lighting, bed restraints, and room settings (*National Database of Nursing Quality Indicators*, 2011).

Implementation of falling risk prevention is a series of actions that are a reference in the application of measures to maintain the safety of patients at risk of falling (Wilkinson, 2011). Fall risk management of falling patients can be implemented from the time patients register at the hospital until the patient goes home (Budiono, 2013). According to the *National Patient Safety Goals Nursing Care Center* (The Joint Commission, 2015) the actions taken by nurses in falling prevention are: assess the risk of falling patients, intervene risk falls based on risk factors that have been reviewed, educate staff in the reduction program fall risk predetermined by the organization, education of the patient or family if needed for any fall risk prevention measures, evaluation of the effectiveness of all fall risk reduction activities, including assessment, intervention and education.

Initial and daily assessments of individuals for falling risk are crucial for identification of clients who are at risk of falling (Potter & Perry, 2013). The *Morse Fall Scale* (MFS) fall risk assessment is one of the most frequently used methods by nurses, 82.9% of nurses rate this scale as fast and easy to use, and 54% estimate that it takes less than three minutes to assess a patient (Nursalam, 2014).

RESEARCH METHODS

This research uses a quantitative type with descriptive analytic research design through a cross sectional approach. The research sample

of 35 respondents using total sampling techniques. Data collection using a questionnaire filled out by respondents and researchers. Data was analyzed by univariate analysis to determine the percentage and frequency of respondents and bivariate analysis to determine the relationship between the two variables by the *Spearman Rank* test

RESULTS AND DISCUSSION

A. Univariate Analysis

1. Characteristics of Respondents

Variable	n	Percentage
Age		
20 - 35 years old	22	62.85%
More than 35 years	13	37.15%
Gender		
Man	4	11.43%
Girl	31	88.57%
Total	35	100%

Based on these data it can be seen that the majority of respondent's age are between 20-35 years old (62.85 %). The gender of the respondent majority are women (88.57 %).

2. Nurse caring behaviours

Caring Behavior		
Category	N	Percentage
Bad	2	5.7
Less	4	11.4
Enough	11	31.4
Well	18	51.4
Total	35	100.0

Based on the results of the study, the majority of respondents obtained good data in conducting caring behaviors of 18 people (51.4 %). Respondents were quite good in caring for as many as 11 people (31.4 %). Respondents were not good enough in caring behavior by 4 people (11.4 %). While respondents who were bad in caring caring were 2 people (5.7 %).

1. Risk of falling elderly

Risk of falling of elderly in the Camar and Cucak Rowo Ward Dr. M Ashari Hospital Pemalang can be known as followed. Morse Fall Scale has 6 variables to assess patients who have the possibility of falling or risk of falling. The description of falling risk is categorized into 3 categories namely none, low risk, and high risk. As for this study produces an overview of the risk of falling as follows

Risk of Falling Elderly	n	Percentage
None	9	25.7
Low risk	12	34.3
High risk	14	40.0
Total	35	100.0

Based on the data above it was found that the high risk elderly were 14 people (40%), the low risk elderly were 12 people (34.3%) and the elderly had no risk of falling as many as 9 people (25.7%).

2. Application of prevention of the risk of falling in the elderly

Application of Prevention		
Risk of Falling Elderly	n	Percentage
Less	7	20.0
Well	28	80.0
Total	35	100.0

Based on the results of the study, the majority of respondents obtained good data in implementing the prevention of the risk of falling in elderly as many as 28 people (80 %). While respondents who are not good enough in implementing the application of the risk of falling in the elderly are 7 people (20 %)

B. Bivariate Analysis

The bivariate analysis aims to test the research hypothesis, namely whether there is a relationship between *caring* behavior and the application of prevention of the risk of falling in elderly in Camar and Cucak Rowo Ward in Dr. M Ashari Hospital Pemalang.

Based on the data it can be seen that from 2 nurses (5.7 %), who categorized as poor caring behavior, there were 2 nurses (5.7%) categorized as poor in applying falling risk prevention in elderly. Whereas nurses who perform poorly in caring behavior category, none of them who apply falling risk elderly prevention well. From 4 nurses (11.4 %) who did caring behavior prevention poor category, 3 of them (8.6%) applied falling risk prevention in elderly was categorized as poor. Whereas nurses who categorized as poor caring behavior there were 1

person (2.9 %) implemented falling risk prevention in elderly was categorized as good. Of the 11 nurses (31.4 %) nurses who did the Caring Behavior Category quite well there was 1 person (2.9%) nurses categorized as poor in implementing the falling risk prevention in elderly. While nurses who did the caring behavior categorized quite good there were 10 nurses (28.6 %) were good at implementing the application of the falling risk prevention in the elderly.

While out of 18 nurses (51.4%) who did the Caring Behavior Category well there was 1 nurses (2.9%) categorized as poor in implementing the falling risk prevention in elderly. While nurses who did the Caring Behavior Category well were 17 people (48.6 %) nurses are good at implementing the application of the falling risk prevention in the elderly. Spearman rank test results showed a p value of $0.001 < 0.05$ so that it can be concluded that there is a significant relationship between Caring Behavior and the Implementation of Falling Risk Prevention in the Elderly of Camar and Cucak rowo Ward of Dr. M. Ashari Hospital Pemalang.

Application	Caring Behaviour Category			Total
	3ad	Less	Good	
Falling Risk Prevention in Elderly	%	%		
Less	5,7	8,6	1	2,9
Good	0,0	2,9	10	28,6
Total	5,7	11,4	11	31,4

$r = 0,551$ Nilai p Value = 0,001

DISCUSSION

1. Caring Behavior of Nurses of Camar and Cucak Rowo Ward at Dr. M Ashari Hospital Pemalang.

The results showed that nurses caring behavior was mostly in the good category as many as 18 people (51, 4 %). This result in line with (Gaghiwu, 2013; Mariningyas, 2013), shows that some respondents have good caring behavior towards patients (75%).

Nurse caring behavior is an attitude of caring and appreciating the patient's feelings by devoting more attention to the patient. And is

an important aspect that must be done by nurses in nursing practice, in order to improve health status and help the patient's recovery (Putinah, 2012).

2. Application of Falling Risk Prevention for the Elderly in Camar and Cucak Rowo Ward of Dr. M Ashari hospital Pemalang

The research showed that the elderly who categorized as high risk were 14 people (40%), low risk were 12 people (34.3%) and had no risk of falling by 9 people (25.7%). Falling Risk patient assessment is a method of measuring the patient's risk for falls which is performed by health workers on all patients who undergoing hospitalization, aims to give special attention to patients those who are at risk for falls compared to those who are not at risk for falls and minimize or prevent the number of occurrences of falling patients and injuries (Nursalam, 2014). Assessment of falling risk patients is expected to increase awareness of falling risk patients (Budiono, 2013).

According to Nursalam, the 2014 Morse Fall Scale (MFS) fall risk assessment is one of the most frequently used methods by nurses, 82.9% of nurses rate this scale as fast and easy to use, and 54% estimate that it takes less than 5 minutes to assess a patient. The items examined in this study were fall history, diagnosis, use of walking aids, intravenous therapy and level of consciousness. The Relationship Between Nurse Caring Behavior With the Implementation of Falling Risk Prevention in the Elderly in Camar and Cucak Rowo Ward.

Based on the research it can be seen that there is a significant relationship between Nurse Caring Behavior with the Implementation of Falling Risk Prevention in the Elderly in the Camar and Cucak Rowo Ward of Dr. M Ashari Hospital Pemalang. Spearman rank statistical test result showed that the p value is 0.001. This is in line with research conducted by Heni Nuryanungsih (2014) that nurses caring behavior during providing nursing care to Elderly patients who have a risk of falling are able to provide patients with a sense of security and comfort. As well as showing that nurses have made every effort to behave caring in providing services to patients, especially the elderly. According to KARS, 2013 One of the expected actions is that nurses can foster good relations with patients through communication

techniques and attitudes and *caring* behavior while providing nursing care to patients so that patient needs can be met.

According to Budiono (2013) Implementation of falling risk prevention is a series of actions that are a reference in the application of measures to maintain the safety of patients at risk of falls. Fall risk management of falling patients can be implemented from the time the patient registers at the hospital until the patient discharge. According to the *Institute for Clinical System Improvement* (ICSI) in 2008, interventions to prevent the risk of falls hospitalized are as follows: get organizational support for a fall risk prevention program, establishes a process for evaluating outpatients at the initial enrollment for fall risks, evaluates risk factors identification, communicates risk factors, intervenes risk factors and continues monitoring and review.

Dr. M Ashari Hospital is a referral hospital in the area of Pemalang so that the services in the hospital must be a top priority. This requires that nursing services in hospitals must be in accordance with applicable standards and quality so services can be better developed so that patients feel safe and comfortable so as to accelerate the healing process in patients.

Based on the result of the research and theory above, researchers concluded that nurse caring behavior related to the application of falling risk prevention in the elderly patient. The better nurses caring behavior they will more care to the patient.

CONCLUSION AND SUGESTION

Based on the results of the research, can be concluded that: there is a significant relationship between nurses *caring* behavior with the application of falling risk prevention in the elderly patient in the camar and cucak rowo ward of Dr. M Ashari Hospital Pemalang with a *pvalue* of 0.001 ($p < 0,05$).

Hospital should always evaluate the performance of nurses regarding caring behavior so that the performance and service of the hospital will increase.

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