

**ABSTRAK**

**PENGEMBANGAN INTERVENSI KEPERAWATAN *SELF CARE MANAGEMENT* BERBASIS APLIKASI ANDROID TERHADAP PENCEGAHAN KEKAMBUIHAN PENDERITA PPOK DI RUMAH SAKIT PAMEKASAN**

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**Pendahuluan:** Intervensi pencegahan kekambuhan penderita PPOK yang telah dilakukan selama ini belum bisa mengurangi angka kekambuhan. Penelitian ini bertujuan untuk mengembangkan intervensi keperawatan *self care management* berbasis aplikasi android terhadap pencegahan kekambuhan penderita PPOK di Rumah Sakit Pamekasan. **Metode:** Penelitian ini menggunakan desain penelitian dan pengembangan (*research and development*) Populasinya seluruh perawat di Rumah Sakit Pamekasan berjumlah 112 orang. Variabel penelitian ini adalah pelaksanaan pencegahan kekambuhan penderita PPOK. Analisis data menggunakan analisis data deskriptif. Kegiatan FGD dilakukan untuk Pengembangan *self care management* berbasis aplikasi android. **Hasil:** Evaluasi pelaksanaan intervensi yang sudah dilakukan dalam mencegah kekambuhan penderita PPOK menunjukkan bahwa hampir seluruh perawat (>76%) masih belum melaksanakan edukasi terkait oksigenasi. hampir seluruh seluruh perawat (>78%) belum melakukan evaluasi pengobatan dan oksigenasi di rumah. hampir seluruh perawat (>79%) belum melaksanakan manajemen aktifitas dan latihan fisik terhadap pasien. **Kesimpulan:** hampir seluruh perawat belum melaksanakan edukasi terkait oksigenasi, evaluasi pengobatan dan oksigenasi di rumah, evaluasi pemenuhan nutrisi, serta manajemen rehabilitasi pasien. Pengembangan intervensi keperawatan *self care management* berbasis aplikasi android memuat edukasi serta evaluasi pengobatan dan oksigenasi di rumah, evaluasi pemenuhan nutrisi, dan manajemen rehabilitasi pasien

**Kata kunci:** *self care management, pencegahan kekambuhan, PPOK*

*ABSTRACT*

**DEVELOPMENT OF NURSING INTERVENTION SELF-CARE  
MANAGEMENT BASED ON ANDROID APPLICATIONS TOWARD  
PREVENTION OF EXACERBATION COPD PATIENTS  
IN PAMEKASAN HOSPITAL**

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**Introduction:** Recurrence prevention interventions for COPD sufferers who have been carried out so far have not been able to reduce the recurrence rate. This study aims to develop nursing care self-management interventions based on android applications to prevent recurrence of COPD sufferers in Pamekasan Hospital. **Method:** This study used a research and development design. The population all nurses in Pamekasan Hospital was 112 people. The variable of this study was the implementation of relapse prevention for COPD sufferers. Data analysis has been used descriptive analysis. FGD activities were carried out for the development of android application-based self care management. **Results:** Evaluation of the implementation of interventions that have been carried out in preventing recurrence of COPD patients shows that almost all nurses (> 76%) still have not implemented education related to oxygenation. Almost all nurses (> 78%) have not evaluated treatment and oxygenation at home. Almost all nurses (> 79%) have not implemented activity management and physical exercise for patients. **Conclusion:** Almost all nurses have not carried out education related to oxygenation, evaluation of treatment and oxygenation at home, evaluation of nutritional fulfillment, and rehabilitation management of patients. The development of self-care nursing interventions based on android applications includes education and evaluation of treatment and oxygenation at home, evaluation of nutritional fulfillment, and management of patient rehabilitation.

**Keywords:** *self-care management, prevention of recurrence, COPD*