

ABSTRAK

EFEKTIFITAS ESMED (*EARLY SCREENING, MONITORING AND EDUCATION*) BERBASIS ANDROID TERHADAP PENURUNAN RESIKO PENYAKIT JANTUNG KORONER (PJK)

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Pendahuluan : Penyakit jantung koroner (PJK) adalah penyebab utama kematian dan kecacatan di seluruh dunia. Penyebab tingginya kejadian PJK di Indonesia karena kesadaran dalam melakukan pemeriksaan kesehatan dan deteksi dini masih rendah. Tujuan penelitian ini adalah menjelaskan pengaruh aplikasi ESMED (Early Screening, Monitoring, and Education) berbasis android terhadap penurunan resiko Penyakit Jantung Koroner (PJK). **Methods:** Desain penelitian ini *quasi-eksperimen* dengan pendekatan *pre-post group control study*. Jumlah sampel 60 pasien PJK yang dibagi dua kelompok intervensi dan kelompok kontrol teknik pengabilan sampel menggunakan tehnik *simple random sampling*. **Hasil:** Analisis uji *Wilcoxon* menunjukkan hasil yang tidak signifikan pada penurunan resiko PJK, tekanan darah sistolik dan perilaku merokok. Namun efektif untuk meningkatkan nilai HDL dan menurunkan nilai kolestrol. **Kesimpulan:** Intervensi ESMED (*Early Screening, Monitoring And Education*) berbasis android efektif dalam penurunan resiko penyakit jantung koroner (PJK). **Saran:** Hasil penelitian ini dapat dijadikan acuan dalam melakukan deteksi dini penyakit jantung koroner (PJK)

Keywords: screening, monitoring, education, jantung koroner.

ABSTRACT
EFFECTIVENESS OF ESMED (*EARLY SCREENING, MONITORING AND EDUCATION*) BASED ON ANDROID AGAINST REDUCING RISK OF CORONARY HEART DISEASE (CHD)

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Introduction: Coronary heart disease (CHD) is the leading cause of death and disability throughout the world. The high incidence of CHD in Indonesia due to awareness in conducting health checks and early detection is still low. The purpose of this study is to explain the effect of Android-based application ESMED (Early Screening, Monitoring, and Education) on reducing the risk of coronary heart disease (CHD). Methods: The design of this study was a quasi-experimental study with a pre-post group control study approach. The number of samples of 60 CHD patients were divided into two intervention groups and the control group of sampling technique using simple random sampling technique. Results: Analysis of the Wilcoxon test showed insignificant results in reducing the risk of CHD, systolic blood pressure and smoking behavior. But effective for increasing HDL values and decreasing cholesterol values. Conclusion: Android-based ESMED (Early Screening, Monitoring And Education) interventions are effective in reducing the risk of coronary heart disease (CHD). Suggestion: The results of this study can be used as a reference in early detection of coronary heart disease (CHD)

Keywords: screening, monitoring, education, coronary heart disease