



The Effect of the *Family Health Conversation (Fam HC)* Method on families experiencing Post-Stroke in Bogor

Subandi^{1*)}, Udi Wahyudi¹

^{1*)} Bogor Nursing Study Program Poltekkes Kemenkes Bandung

Abstract. **Background:** The family approach is one of the methods in implementing family nursing care to improve the family's ability to carry out family health functions. Families who have sick family members, especially after a stroke, definitely affect the system in the family. *Family Health Conversation (Fam HC)* is one of the family interventions in the form of family therapeutic communication built by other family members with family members who have health problems. This study was conducted to determine the effect of Fam HC on families with chronically ill family members in Bogor City.

Method: The design of this study used a *pre-experimental one group, pre-post test* with a sample of 15 families that met the criteria .

Result: The anallitic Test conducted by researchers to determine the effect of *FAMCH* to the response of the family in improving the quality of life of patients after a stroke in the territory of the city of Bogor is to use the analysis test, *linear regression* with a level of *significance of 95%* with a significance level of 5% or α (0.05).

Keywords: Family Nursing Care

BACKGROUND

Not all families have the competent ability to deal with family members suffering from illness or illness. Some families show an inability to help clients to manage and master adaptive tasks related to health problems. This is due to several related factors, among others; illness that lasts a long time and depletes the supportive ability of the family, lack of information on the family, lack of understanding of the family and incorrect information to the family about health problems facing the family (NANDA, 2012).

Some interventions that can be given include providing emotional support, increasing family involvement, increasing family normalization and family empowerment. Figley (1995) explains that family empowerment interventions emphasize a philosophical attitude towards the concept of working with families. Families with family member problems experiencing illness is a

traumatic experience for the family, so the approach taken is to refine nursing interventions by giving sincere respect to the family's abilities, both cognitive, affective and acting naturally and the family's strengths. Robinson (1996) explains that the empowerment intervention carried out on the family is to be a good listener, loving, non-judgmental, collaborator, motivating the emergence of family strength, family participation and involvement in the process of change and healing disease.

Empowerment of families with family members experiencing health/illness is provided by providing accurate and complete information about the condition of health problems/diseases faced by family members, increasing the ability of family care management, promoting empathy and showing genuine concern, acknowledging and increasing the competence of families in

caring for members family and establish direct relationships with sick family members (Hulme 1999). The application of Family Empowerment nursing interventions to improve family abilities is still very rarely carried out by nurses and there is still little research done, this happens because many researchers look at the aspect of family empowerment in terms of increasing knowledge and attitudes, not to the ability to care for family members.

METHOD

This *quantitative* study using a *quasi-experimental design or pre-experimental design* with a *One Group Pre Post Test* approach to 15 families, which is a design that is used to find causal relationships without involving a control group. The results of this study indicate an increase in knowledge, attitudes, and an active role in the family as a form of increasing family independence. Treatment for 6 weeks intensively visiting 2 times a week, it was found that there was a 100% increase in becoming an

Family is not only seen on the side knowledge and attitude alone are the goals of the intervention, however, it reaches the level of ability to live a healthy and productive life. One method of family empowerment is *Family Health Conversation (Fam HC)* which is a family intervention in the form of family therapeutic communication built by other family members with family members who have health problems. This study was conducted to determine the effect of Fam HC on families with family members after stroke in Bogor.

independent family.. Family involvement communication is a technique needed to increase the willingness of families to seek behavioral changes that can solve health problems. It is necessary to carry out socialization to health care nurses in carrying out one alternative family nursing intervention in the form of Family Health Conversation Researchers observed the experimental group before and after being given treatment or intervention in the form of *FAMCH (Family Health Conversation)*.

RESULT AND DISCUSSION

Bivariate analysis was conducted to identify differences and influences between the dependent and independent variables. Statistical tests used in bivariate analysis include: Bivariate analysis in this study used the *Independent Samples T-Test* statistical test with a *significance* level of 95% or $p < (0.05)$.

The results of this analysis are used to determine whether there is an effect of *FAMCH* on family responses in improving the quality of life in post-stroke patients in Bogor. The analytical test carried out by the researcher to determine the difference in influence was using the *independent samples t-test* statistical test with a significance degree of 5% ($\alpha 0.05$) or a 95% *significance* level. The Effect of *FAMCH* on Family Responses in Improving the Quality of Life of Post-Stroke Patients. The analytical Test conducted by researchers to determine the effect of *FAMCH* to the response of the family in improving the quality of life of patients after a stroke in the territory of the city of Bogor is to use the analysis test, *linear regression* with a level of *significance* of 95% with a significance level of 5% or $\alpha (0.05)$.

Some families show helplessness in dealing with family members who are sick or experiencing health problems.

This can occur because the problem of illness / illness suffered by family members lasts a long time and consumes the family's ability to provide assistance, lack of access to information and health services for families, lack of family understanding and incorrect perceptions about health problems faced by families. with the aim of making the family able to carry out family duties in the health sector, namely being able to recognize health problems faced by family members, able to make the right decisions related to health problems of family members, able to take care of sick family members, able to use health facilities and modify the environment. healthy for family members.

The use of family nursing interventions Family Empowerment requires empathy, listening and responsive skills so that these interventions get optimal results so that they can achieve success with indicators of family empowerment as indicated by a better level of family independence.

REFERENCE

1. Ayu, K. (2010). Family Nursing Care for Nursing Students and Public Health Nurse Practitioners. Jakarta: Sangung Seto.
2. Figley, C. (1995). Compassion fatigue : Coping with secondary traumatized stress disorder in those who real the traumatized. New York:
3. Brunner/Mazel. FFriedman, MM (2010). Family Nursing. Jakarta: Medical Book Publisher.
4. Graves, KN (2007). Family Empowerment as a Mediator between Family-Centered Systems of Care and Changes in Child Functioning: Identifying an Important Mechanism of Change. Washington: Springer Science and Business Media.
5. Hulme, PA (1999). Empowerment: A Nursing Intervention With Suggested Outcomes for Families. Journal of Family Nursing,
6. Hulme, PA (1999). Family Empowerment : A Nursing Intervention With Suggested Outcomes for Famililies of Children with Chronic Health Condition. Journal of Family Nursing,
7. Hulme, PA (1999). Family Empowerment. SAGE Family Nursing Journal,
8. Johnson, S. (2001). Helping children to eat right. Nutrition, health and safety. Journal of Early Education and Family Review
9. NANDA. (2012). Nursing Diagnosis : Definitions and Classification Jakarta: EGC Medical Publisher.
10. Parker, ME, & Marlaine, S. (2010). Nursing Theories & Nursing Practice. Philadelphia: FA Davis Company.
11. Robinson. (1995). Unifying distinctions for nursing research with persons and family. Journal of Advanced Nursing,
12. Sudiharto. (2005). Family Nursing Care with a Transcultural Nursing Approach. Jakarta: Medical Book Publisher, EGC.
13. Sunarti, E. (2008). Family Empowerment and Counseling Program. Bogor: Faculty of Human Ecology, IPB. Wright, L., & Leahey, M. (2000). Nurses and famili