

Case study on the elderly with ineffective health management: chronic kidney disease in Gentingan Sidoagung Village

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Abstract

Background: The treatment of patients with chronic illnesses requires consistency and independence. Factors contributing to ineffective health management in individuals with chronic diseases include limited knowledge, lack of family and social support, and poor health behaviors—all of which fall under the scope of palliative care. Palliative nursing plays a crucial role in assisting clients and their families in navigating the disease trajectory while ensuring that the clients' holistic needs are met optimally. **Objective:** This study aims to explore the nursing care process for a 65-year-old male patient with a chronic illness using a palliative approach to improve his quality of life. **Methods:** This study employed a descriptive case study design. Data collection was conducted over seven sessions, followed by the implementation of gerontological nursing interventions. **Results:** The study found improvements in the patient's daily living activities, attributed to the care program supported by family involvement. **Conclusion:** Effective health management using a palliative approach, combined with family support, contributes to better daily functioning and an enhanced quality of life. The implementation of an appropriate care program is essential in achieving these outcomes.

Keywords: chronic disease; chronic kidney failure; elderly; palliative care

1. Introduction

The elderly with chronic diseases will have a decline in the function of cells and organs of the body so that they will experience a decrease in quality of life both physically, mentally, and socially, which is usually called degenerative diseases (Nur Arifatus Sholihah *et al.* 2025). Chronic diseases such as hypertension and diabetes mellitus are factors that trigger kidney damage that can continue in the stage of chronic kidney failure (Rahman *et al.* 2022).

Elderly clients with chronic kidney failure tend to leave decisions to relatives and family and feel tired quickly, resulting in a lack of motivation to undergo HD therapy which leads to a decrease in quality of life (Yuliawati) *et al.* 2022). Clients with chronic kidney failure must undergo hemodialysis therapy, which will extend their life expectancy (Putri *et al.* 2024). Result Ministry of Health of the Republic of Indonesia (2018) It also shows that the age group of 65-74 years or the elderly has the highest prevalence of 0.82% and the prevalence in men (0.42%) is higher than in women (0.35%).

Treatment in clients with chronic kidney failure requires regularity and independence. Factors that cause irregularities in treatment in chronic kidney disease clients include knowledge, family support, social support and healthy behaviors. Some of these factors become support for clients who are included in palliative care (Fadilah *et al.* 2023). Palliative nursing plays an important role in helping clients and their families to better navigate the disease journey and to ensure that all client needs can be met optimally (Agile) *et al.* 2025).

Palliative care has only been known for people with other terminal illnesses, while the WHO states that palliative care is also given to chronic diseases and vulnerability due to old age (Elmaghfuroh *et al.* 2023). Palliative care has long-term effects. Sufferers of the disease are very susceptible to a decrease in quality of life and are closely related to the symptoms that appear (Octaviani) *et al.* 2020). The elderly who are terminally ill have spiritual needs that can be met with support from their families (Wulandari *et al.* 2024). Spiritual support in one's life to live a life of reintegration and as a basic desire to find meaning and purpose that future events will have positive results (Vebrian *et al.* 2021).

Nursing Gerontics are necessary in elderly clients with chronic diseases. Gerontic nursing is carried out for the treatment of the elderly which focuses on assessing health, functional status, intervention, implementation, and evaluation based on nursing science and techniques in a comprehensive and holistic manner both in healthy and sick conditions. An understanding of the physical, psychological, and social changes that occur with age, and how those changes affect health and quality Elderly living becomes the main target (Ariyanti *et al.* 2024).

From the results of a study of the elderly in Padukuhan Gentingan Sidoagung, it was found that the elderly were with chronic diseases. The condition of the elderly has several problems that hinder daily life. Elderly clients live with their families, so gerontic nursing care is needed for the elderly.

2. Methods

Based on the findings of the problem in this study, the method used in this study is descriptive by way of a case study approach and examination conducted for data collection on one of the elderly in Gentingan Sidoagung Village. The focus of this study is the gerontic nursing care process for elderly clients and families who have chronic kidney failure. Gerontic nursing care was carried out for 2 weeks with a frequency of seven meetings. The purpose of this study is to find out the process of self-care in the elderly with chronic diseases and health management in maintaining their quality of life.

The gerontic nursing care process is carried out in several stages, including fostering a relationship of mutual trust with the elderly and their families, assessment, physical examination, nursing diagnosis, nursing care planning, implementation, and evaluation. The assessment was carried out by approaching and interviewing the elderly and their families to obtain information about the condition of the elderly as guided by the gerontic nursing manual. In the process of determining nursing care, this study uses the guidelines of the Indonesian Nursing Diagnostic Standards (SDKI), the Indonesian Nursing Output Standards (SLKI), and the Indonesian Nursing Intervention Standards (SIKI).

The implementation of nursing in the study was carried out after the planning of nursing care from the case study conducted at the study stage. The evaluation was carried out right after the implementation was carried out and a few days after to find out the effect of nursing care on the elderly which was then documented as the final stage in the gerontic nursing care process.

3. Results and Discussion

3.1. Result

3.1.1. Participant Characteristics

An elderly man named Mr. Z, 65 years old, Muslim, self-employed, has no formal education history, lives with his wife and child in Gentingan Sidoagung Village.

3.1.2. Case Overview

In the case study, the results of the study were obtained, Mr. Z weighed 80 kg, had a history of diabetes mellitus for 2 years, routinely used insulin injections every day but still often drank sugary drinks almost every day, the results of blood sugar checks were 195 mg/dl with routine insulin injections independently, Had a history of hypertension by regularly consuming the hypertension drug amlodipine regularly, blood pressure test results 213/134 mmHg. Mr. Z has a history of CKD but has not had hemodialysis. There is edema on the right and left legs with 5-second skin turgor, so there is discomfort during mobility of activities. The client said he was unable to carry out the previous activity and was dependent on others. Mr. Z also said that he lacked sleep because he was not satisfied with his sleep in his daily life, especially at night, often woke up because he urinated, felt thirsty continuously, and often drank sugary drinks. In addition, fluid monitoring was also carried out for 24 hours with the result of fluid balance +671 cc. Clients also complain of being easily tired during activities and looking lethargic. Mr. Z also cannot explain the lifestyle that must be done in his daily life to maintain his body condition, but the client wants to be able to understand related to his health management.

3.1.3. Intervention and Implementation

Nursing problems obtained from the analysis of the data that have been carried out are ineffective health management problems related to lack of exposure to information as evidenced by ineffective daily activities related to chronic diseases (D.0116), helplessness related to complex treatment programs evidenced by inability to carry out previous activities and dependence on others (D.0092), sleep pattern disorders related to lack of sleep control with dissatisfaction with sleep and frequent awakening at night (D.0055).

Focusing on the main diagnosis, namely ineffective health management related to lack of exposure to information as evidenced by ineffective daily activities related to chronic diseases (D.0116) is expected to be overcome with increased health management outputs (L.12104) with the establishment

of a nursing plan in the form of health education (I.12383) consisting of: identification of readiness and ability to receive information; provide health education materials and media; Explain the risk factors that can affect health.

Another diagnosis is that helplessness is related to a complex treatment program evidenced by the inability to carry out previous activities and dependence on others (D.0092) is expected to be overcome with increased empowerment outputs (L.09071) then a nursing plan is determined in the form of coping promotion (I.09312) which consists of: identification of short- and long-term activities according to goals, identification of understanding of disease processes, Identify the impact of the situation on roles and relationships, identify needs and desires for social support, discuss changes in the roles experienced, facilitate in obtaining the information needed, encourage the use of spiritual resources, encourage families to be involved.

In addition, other nursing diagnoses, namely sleep pattern disorders related to lack of sleep control, evidenced by sleep dissatisfaction and frequent awakening at night (D.0055), are expected to be resolved with decreased sleep dissatisfaction outcomes (L.05045). A nursing plan in the form of activity and rest education (I.12362) is set which consists of: identifying readiness and ability to receive information, scheduling the provision of health education according to the agreement, explaining the importance of doing regular physical activity/exercise, recommending preparing a schedule of activities and rest, teaching how to identify the need for rest.

The results of the evaluation obtained after the implementation of nursing in the form of health education, namely elderly clients and their families, were able to explain the risk factors for the chronic diseases suffered, the physical condition of the client, and also their feelings. The client said that the chronic illness suffered was an ordeal that must be accepted and dealt with properly. Clients will also do their best to help heal and not worsen their condition. It seems that the client's motivation to recover and continue to live with his family. The client also feels that his body feels better than before.

In addition, clients can understand the sleep disruptors that make their sleep unsatisfactory, so that clients can control their activities, monitor the intake fluid output and elevate the legs by 30 degrees to increase comfort at rest and reduce edema complaints in their legs. The client also seemed to be quite rested and did not seem lethargic.

Table 1. Report on the Results of Gerontic Visits in the Elderly with Ineffective Health Management: Chronic Kidney Failure in Sidoagung Gentingan Village

Visit To	Day, Date	Results of the Visit
1	Tuesday February 11, 2025	Foster a trusting relationship by introducing yourself, explaining goals, explaining privacy, and visiting time contracts.
2	Wednesday February 12, 2025	Client personal data, perceived complaints, health status, current and previous disease history, general condition of elderly clients in full, psychosocial status, spiritual status, functional status, mental status, geriatric depression status, decubitus risk scale, risk of falls.
3	Thursday February 13, 2025	The results of the physical examination were obtained Body Weight 80 kg, Blood Pressure 213/134 mmHg (Routine anti-hypertensive medication), Pulse 96x/minute, Spo2 99%, Blood Sugar At 195 mg/dl (Routine insulin injection), and 24-hour Fluid Balance Monitoring
4	Saturday February 15, 2025	Interpretation of the Results of Fluid Balance Obtained by Yield +671 cc/24 hours
5	Sunday March 2, 2025	Reporting of the results of visits and examinations on the elderly, as well as time contracts for the implementation of health education for the elderly and families in support of daily care for the elderly
6	Wednesday March 12, 2025	Health education on self-health management, activities and rest, daily self-care for elderly clients and families, and 30-degree foot elevation for elderly clients
7	Friday March 14, 2025	Evaluation of the results of 7 visits that have been carried out

3.2. Discussion

Parenting Nursing given to Mr. Z and his family showed positive results. The implementation of nursing in the form of health education can be understood and carried out by the client so that the client can accept the disease suffered, then the client performs fluid management, performs activities as much as possible and improves sleep rest patterns in their daily lives so that the client's quality of life improves and his body feels better than before. Effective health education to the families of elderly clients is essential because family support plays a significant role in the daily management of elderly clients. Families who are well educated about dietary and fluid needs can help facilitate elderly clients' adherence to important plans to prevent complications such as excess fluids, edema, and more (Wahyuni et al. 2024).

The implementation of appropriate and sustainable education will have a positive impact on the client's lifestyle and habits to implement a healthy lifestyle, activity pattern and rest pattern in lowering or maintaining a good body condition (Francis *et al.* 2022).

Pattern sleep It also improves which is supported by increased activity so that the client's need for rest increases and his fatigue after activities begins to decrease. A lack of unstructured daily activity will affect the reduction of sleep time or sleep quality, therefore good sleep quality will not show feelings of tiredness, lethargy, and frequent yawning during the day (Supriadi *et al.* 2023).

Improving effective health management and the palliative approach carried out has a good impact, namely improving the quality of life, where self-sufficiency will bring the client's feeling more accepting of his current condition and have the hope of living longer. Improving the health of the elderly in the management of palliative illness is not only about coping with physical symptoms, but also empowering them spiritually and emotionally, creating meaningful and meaningful end-of-life experiences. Improving the health of the elderly in palliative disease situations can be the norm that improves their quality of life while respecting the spiritual values and beliefs they hold (Herlinda et al. 2023).

4. Conclusion

After nursing care was carried out for the elderly suffering from chronic diseases with improved effective health management and palliative approaches, effective results were obtained in increasing understanding related to fluid management, daily activities, and sleep patterns by the elderly and families through health education. The elderly changed their daily behavior by maintaining fluid balance within 24 hours and their compliance in limiting fluid intake in accordance with the fluid balance monitoring evaluation table that had been carried out previously.

Therefore, it can be concluded that improved effective health management and palliative approaches, family support, increased knowledge of rest activities, reduced physical fatigue, and 30-degree leg elevation in elderly clients and families can be effective in improving health management to prevent further complications in clients with chronic kidney failure.

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