ABSTRAK

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Aspek Pengkajian Pada Lansia Dengan Penurunan Fungsi Kognitif Di UPT Pelayanan Sosial Tresna Werdha Jember

Abstrak

Introduksi : Penurunan fungsi kognitif merupakan dampak fisiologis dari proses penuaan yang ditandai dengan gangguan memori, konsentrasi, orientasi, dan fungsi eksekutif. Dalam praktik keperawatan gerontik, pengkajian fungsi kognitif menjadi komponen penting yang harus dilakukan secara menyeluruh. Pemilihan instrumen penilaian yang tepat sangat mendukung efektivitas pelayanan kesehatan lansia.

Tujuan : Penelitian ini bertujuan untuk menganalisis hasil pengukuran fungsi kognitif pada lansia menggunakan tiga instrumen, yaitu *Mini Mental State Examination* (MMSE), *Montreal Cognitive Assessment* (MoCA), dan *Mini-Cog & Clock Drawing Test* (CDT), serta menilai kesesuaian dan representativitas masing-masing instrumen dalam konteks pelaksanaan pengkajian di UPT Pelayanan Sosial Tresna Werdha Jember.

Metode : Penelitian ini menggunakan desain studi kasus pada tiga orang lansia yang mengalami penurunan fungsi kognitif berdasarkan hasil pengukuran menggunakan *Mini Mental State Examination* (MMSE), *Montreal Cognitive Assessment* (MoCA), dan *Mini-Cog & Clock Drawing Test* (CDT).

Hasil : Penurunan fungsi kognitif merupakan proses alami penuaan yang memengaruhi memori, konsentrasi, orientasi, serta fungsi eksekutif. Dalam praktik keperawatan gerontologi, asesmen kognitif menjadi aspek esensial yang harus dilakukan secara sistematis. Pemilihan instrumen yang akurat sangat berperan dalam menunjang mutu pelayanan kesehatan lansia.

Diskusi : Berdasarkan hasil perbandingan, MoCA dinilai sebagai instrumen yang paling sensitif dan komprehensif karena mencakup domain kognitif lebih luas dibandingkan MMSE dan Mini-Cog. Oleh karena itu, MoCA direkomendasikan sebagai alat utama dalam pengkajian fungsi kognitif lansia.

Kata Kunci: Fungsi kognitif, lansia, pengkajian keperawatan, MMSE, MoCA, *Mini-Cog & Clock Drawing Test*

ABSTRACT

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Assessment Aspects of Elderly Individuals with Cognitive Decline at UPT Tresna Werdha Jember Social Service Center

Abstract

Introduction : *Cognitive decline is a physiological consequence of the aging process, marked by impairments in memory, concentration, orientation, and executive functioning. In gerontological nursing practice, cognitive assessment is a crucial component that must be conducted thoroughly. Choosing the appropriate assessment instrument significantly contributes to the effectiveness of elderly healthcare services.*

Objective : *This study aims to analyze the results of cognitive function measurements in older adults using three instruments: the Mini Mental State Examination (MMSE), the Montreal Cognitive Assessment (MoCA), and the Mini-Cog with the Clock Drawing Test (CDT). It also seeks to evaluate the suitability and representativeness of each instrument in the context of assessments conducted at the UPT Pelayanan Sosial Tresna Werdha Jember.*

Methods : *This study employed a case study design involving three older adults experiencing cognitive decline, as identified through assessments using the Mini Mental State Examination (MMSE), the Montreal Cognitive Assessment (MoCA), and the Mini-Cog combined with the Clock Drawing Test (CDT).*

Results : *MMSE scores were 23, 21, and 18, indicating mild to moderate cognitive impairment. MoCA results were 18, 21, and 21, with deficits mainly in short-term memory, executive function, and abstraction. The Mini-Cog scores were 3 out of 5 for all clients, with noted weaknesses in recall and visual-spatial ability based on CDT.*

Discussion : *Among the three instruments, MoCA was found to be the most sensitive and comprehensive in assessing various cognitive domains. Therefore, MoCA is recommended as the primary tool for cognitive assessment in older adults..*

Keywords: *cognitive function, elderly, nursing assessment, MMSE, MoCA, Mini-Cog & Clock Drawing Test*