

ABSTRAK

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Implementasi *Prompt Voiding* Untuk Mengatasi *Inkontinensia* Urin Pada Lansia di UPT Panti Sosial Tresna Werdha (PSTW) Jember
xvi + 69 hal + 4 tabel + 7 lampiran

Abstrak

Pendahuluan: Proses penuaan membawa perubahan fisiologis yang signifikan pada sistem eliminasi urin yang sering kali memicu timbulnya inkontinensia urin pada lanjut usia (lansia). Penanganan inkontinensia urin di panti sosial umumnya masih bersifat reaktif dan simptomatik seperti penggunaan popok sekali pakai (diapers). Oleh karena itu, diperlukan intervensi perilaku yang proaktif, non-invasif, dan murah, salah satunya melalui metode *prompt voiding*. **Tujuan:** Penelitian ini bertujuan untuk dan menerapkan implementasi *prompt voiding* sebagai intervensi keperawatan gerontik dalam mengatasi inkontinensia urin pada lansia di UPT Panti Sosial Tresna Werdha (PSTW) Jember. **Metode:** Penelitian ini menggunakan pendekatan studi kasus deskriptif eksperimental/observasional. Subjek penelitian terdiri dari 3 orang lansia yang mengalami masalah inkontinensia urin. Pengumpulan data dilakukan selama 7 hari menggunakan instrumen *bladder diary* untuk memetakan pola berkemih bawaan serta kuesioner *International Consultation on Incontinence Questionnaire-Urinary Incontinence Short Form (ICIQ-UI SF)* sebelum dan sesudah intervensi. Intervensi dilaksanakan dengan memberikan pengingat verbal (*prompting*), pendampingan fisik ke toilet serta pemberian penguatan positif (*positive reinforcement*) setiap 2 hingga 3 jam sekali sesuai jadwal terstruktur yang telah disesuaikan secara individual. **Hasil:** Sebelum intervensi dilakukan, ketiga responden memiliki pola berkemih yang tidak teratur dengan frekuensi kebocoran urin mencapai 2–3 kali per hari. Setelah diberikan intervensi *prompt voiding* selama 7 hari berturut-turut, seluruh responden menunjukkan penurunan frekuensi episode inkontinensia menjadi rata-rata 1 kali per hari. **Kesimpulan:** Implementasi *prompt voiding* terbukti efektif dalam menurunkan frekuensi episode kebocoran urin, melatih kembali pola eliminasi yang teratur serta meningkatkan kemandirian lansia dalam berkemih. Disarankan bagi pihak UPT PSTW Jember untuk mengadopsi metode ini sebagai bagian dari program asuhan keperawatan mandiri harian yang rutin guna meminimalkan ketergantungan lansia terhadap popok.

Kata Kunci: Lansia, Inkontinensia Urin, *Prompt Voiding*, *Bladder Diary*, Panti Sosial.

ABSTRACT

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Abstract

Introduction: *The aging process brings significant physiological changes to the urinary elimination system, which frequently triggers the onset of urinary incontinence in the elderly. Management of urinary incontinence in nursing homes is generally still reactive and symptomatic, such as the use of disposable diapers. Therefore, a proactive, non-invasive, and cost-effective behavioral intervention is required, one of which is through the prompt voiding method.* **Objective:** *This study aimed to apply and evaluate the implementation of prompt voiding as a gerontological nursing intervention in managing urinary incontinence among the elderly at UPT Panti Sosial Tresna Werdha (PSTW) Jember.* **Methods:** *This study used a descriptive experimental/observational case study approach. The research subjects consisted of 3 elderly individuals who experienced urinary incontinence problems. Data collection was conducted over 7 days using a bladder diary instrument to map baseline voiding patterns, alongside the International Consultation on Incontinence Questionnaire-Urinary Incontinence Short Form (ICIQ-UI SF) questionnaire before and after the intervention. The intervention was implemented by providing verbal reminders (prompting), physical assistance to the toilet, and positive reinforcement every 2 to 3 hours according to a structured schedule that had been individually tailored.* **Results:** *Prior to the intervention, the three respondents had irregular voiding patterns with a frequency of urine leakage reaching 2–3 times per day. After being given the prompt voiding intervention for 7 consecutive days, all respondents showed a decrease in the frequency of incontinence episodes to an average of 1 time per day.* **Conclusion:** *The implementation of prompt voiding was proven effective in reducing the frequency of urine leakage episodes, retraining regular elimination patterns, and increasing elderly independence in voiding. It is suggested for UPT PSTW Jember to adopt this method as part of a routine daily independent nursing care program to minimize the reliance of the elderly on diapers.*

Keywords: Elderly, Urinary Incontinence, Prompt Voiding, Bladder Diary, Nursing Home.