



---

## Case Study: Nursing Implementation of Fulfilling Self-Care Needs in Patients with Self-Care Deficits

Kamesyoro<sup>1</sup>, Nyimas An'umillah Fatharani<sup>1</sup>

<sup>1</sup>Health Polytechnic Palembang, South Sumatra, Indonesia

Email: [kameswoyo@poltekkespalembang.ac.id](mailto:kameswoyo@poltekkespalembang.ac.id), [nyimasanumillahfatharani@student.poltekkespalembang.ac.id](mailto:nyimasanumillahfatharani@student.poltekkespalembang.ac.id)

---

### Article Info

#### Article history:

Received September 2022

Revised Januari 2023

Accepted May 2023

---

#### Keywords:

Schizophrenia,  
Self-care deficit,  
Needs Fulfilment

---

### ABSTRACT

Self-care deficit is a person's inability to meet basic self-care needs independently. The purpose of the study was to achieve an overview of the implementation of adequate self-care needs in patients with self-care deficits. Descriptive research, with an implementation method using nursing care, with an assessment process, interviews, and direct observation carried out from 12 to 18 April 2021, The subjects of the case study were two schizophrenic patients with self-care deficit problems in the Bangau Room of Ernaldi Bahar Hospital, South Sumatra Province. The results of this study indicate that the provision of self-care needs is very effective in overcoming the problem of self-care deficits.

*This is an open access article under the [CC BY-SA](https://creativecommons.org/licenses/by-sa/4.0/) license.*



---

### Corresponding Author:

Kamesyoro

Health Polytechnic Palembang, South Sumatra, Indonesia,

Jl. Merdeka No. 76-78, Talang Semut, Kec. Bukit Kecil, Palembang City, South Sumatera 30135

Email: [kamesyoro@poltekkespalembang.ac.id](mailto:kamesyoro@poltekkespalembang.ac.id)

---

## 1. INTRODUCTION

Mental disorders cause sufferers to be unable to properly assess reality, no longer controlling themselves to prevent disturbing others or damaging / hurting themselves [1]. A common problem experienced by patients with mental disorders is a lack of self-care such as activities of daily routine work (ADL), especially oral hygiene care.

Self-care deficits are the inability of a person to perform the basic needs of ADLs such as eating, personal hygiene, dressing, toileting, sleeping, social interaction, or safety [2]. Specialist psychiatric nurses can provide professional practice to this specific group using several basic principles; namely the development of independence, therapeutic communication, and collaboration. To increase the level of independence, let the nurse down and provide opportunities for the client to succeed.

According to WHO data, there are about 35 million people affected by depression, 60 million people affected by bipolar, 21 million affected by schizophrenia, and 47.5 million with dementia. WHO estimates that there are around 450 million people in the world with mental disorders. Mental disorders are also associated with suicide [3], with more than 90% of the 1 million suicides each year due to mental disorders.

According to Law No.18 of 2014, mental disorders are people with mental disorders (ODGJ) in thoughts, behaviours, and feelings that are manifested in the form of a set of symptoms or meaningful behavioural changes, and can cause suffering and obstacles in carrying out their functions as humans. In developing countries, as many as 8 out of 10 people with mental disorders do not receive treatment.

## 2. RESEARCH METHOD

This research is descriptive in the form of a case study using an approach, a process that includes assessment of diagnosis planning implementation and evaluation. The research subjects were two schizophrenia patients with self-care deficit problems in the crane room of the Ernaldi Bahar Hospital, South Sumatra Province. It was carried out for seven days on 12-18 April 2021.

---

Before conducting the research, the researcher applied for research permits by sending ethical review documents to the Ethics Committee of the Ernaldi Bahar Hospital, South Sumatra Province, and had passed the ethical review with Number: 420/06613/Rs.ERBA/2021.

### 3. RESULTS AND DISCUSSION

#### 3.1. Result

The first patient was Mr "F" was 23 years old. Male gender,. The patient is no longer in school, unmarried status, religion Islam. Entered the hospital on 12 April 2021 with. Since  $\pm$  1 month ago, before entering the hospital, the patient often threw stones at neighbours' houses, the patient also often had tantrums, previously the patient was shackled and not cared for. Because it was disturbing, the patient was finally delivered to Ernaldi Bahar Mental Hospital, South Sumatra Province. This is the first time the patient has been hospitalised.

While the second patient named Mr. "A" is 32 years old. Male gender, patient is no longer in school, living status, religion Islam. Entered the hospital on 12 March 2021. Since  $\pm$  4 months ago, the patient often wandered naked, the patient also often had tantrums, and the patient often ate like an animal. Because it was disturbing, the client was finally sent back to Ernaldi Bahar Mental Hospital, South Sumatra Province. The patient has already been treated at Ernaldi Bahar Hospital, and this is his second time.

From the results of the research and data analysis above, it can be concluded that the nursing diagnoses in the first and second patients are self-care deficits, low self-esteem self-concept disorders, high risk of violent behaviour. The main diagnosis raised is self-care deficit.

#### 3.2. Discussion

Based on the results of the assessment after the implementation of the contents of providing self-care to Mr.F and Mr.A with self-care deficit problems at the Ernaldi Bahar Hospital, South Sumatra, carried out on 12 April to 18 April 2021. The main way that is quite effective and can be directly applied to patients is to provide self-care needs independently which aims to reduce the problem of self-care deficits in Mr.F and Mr.A. This is reinforced by Halida's theory which states that fulfilling self-care needs is an effort to overcome personal hygiene problems by inviting patients to take care of personal hygiene independently on a daily basis.

Client conditions during the assessment get untidy clothes, hair looks long and unkempt, long nails, body baud and looks rarely bathe. Research results [1] which states that in nursing care in patients with self-care deficits there are four Implementation Strategies (SP), namely the first SP explaining the importance of personal hygiene, the second SP teaching eating and drinking in an orderly and neat manner, the third SP teaching dressing and grooming, and the fourth SP teaching defecation / toilet independently.

The implementation of killing on the first day is to build a trusting relationship by greeting the patient warmly, introducing yourself, asking how the client feels today, explaining the purpose of the meeting, making the next time contract. Then continued the implementation on the second day, namely observing the patient's behaviour related to self-care independently and explaining the importance of maintaining personal hygiene [5]. Then the implementation on the third day, namely teaching and inviting patients to perform dressing and grooming actions independently, making a contract for the next meeting.

The implementation of the fourth day is teaching patients to eat and drink in an orderly and neat manner and not messy and incorporated into the patient's daily activities, continued the next SP. Continued on the fifth day of implementation, namely explaining to the patient about the importance of bathing 2 times a day, explaining to the patient the impact if he does not bather and teaching patients how to bathe properly. then the last implementation of the sixth day is to hold independent self-care activities that have been taught to patients, and include them in the patient's daily activity schedule.

In the implementation of the implementation, researchers found supporting and inhibiting factors. Factors that support the success of this study are therapeutic communication, this is reinforced by one of the efforts in addition to implementing the strategy, namely by implementing therapeutic communication. Communication is needed to support success in healing patients. Communication aims to foster trusting relationships, improve interpersonal relationships, achieve real personal goals [6]. Therapeutic communication can be with patients, carers and families [7]. Communication can be a powerful determinant of engagement and benefit to psychiatric services [8].

In addition, there are also inhibiting factors found, namely that clients still often forget the actions that have been explained, this is reinforced by research that suggests several inhibiting factors that are influenced by several factors such as age, gender, level of development, health status, family system, environmental factors, socio-culture and the availability of resources/facilities [9].



The positive and negative symptoms that occur due to schizophrenia can also cause self-care deficits about care and the absence of family support, as well as low self-esteem [10]. Lack of family support is very influential in inhibiting patient health, this is reinforced by Videback's research, namely the family is the most important part that supports patients to solve their hallucinatory problems [11].

#### 4. CONCLUSION

After the researcher conducted the Implementation of bleeding in the soul of Mr. F and Mr. A with the problem of self-care deficit disorder in the Bangau Room of the Ernaldi Bahar Mental Hospital, South Sumatra Province in 2021 which was carried out from 13 April to 19 April 2021, implementation including independent self-care has been carried out by researchers in accordance with the intervention. Patients already know and can demonstrate the implementation that has been taught.

Seeing from the results that researchers have done, the success of the implementation of the implementation strategy can be said to be successful if the development of the two clients is able to eat and drink in an orderly manner and be able to clean themselves independently and apply the methods that nurses have taught during the implementation of the implementation.

#### REFERENCES

- [1] WHO, "Mental Disorders," *World Health Organization*, 2020. <https://www.who.int/news-room/fact-sheets/detail/mental-disorders>.
- [2] A. Costenoble *et al.*, "A Comprehensive Overview of Activities of Daily Living in Existing Frailty Instruments: A Systematic Literature Search," *Gerontologist*, vol. 61, no. 3, pp. E12–E22, 2021, doi: 10.1093/geront/gnz147.
- [3] J. B. Grant, P. J. Batterham, S. M. McCallum, A. Werner-Seidler, and A. L. Calear, "Specific anxiety and depression symptoms are risk factors for the onset of suicidal ideation and suicide attempts in youth," *J. Affect. Disord.*, vol. 327, no. February, pp. 299–305, 2023, doi: 10.1016/j.jad.2023.02.024.
- [4] R. Y. Hastuti and B. Rohmat, "PENGARUH PELAKSANAAN JADWAL HARIAN PERAWATAN DIRI TERHADAP TINGKAT KEMANDIRIAN MERAWAT DIRI PADA PASIEN SKIZOFRENIA DI RSJD Dr. RM SOEDJARWADI PROVINSI JAWA TENGAH," *Gaster*, vol. 16, no. 2, p. 177, 2018, doi: 10.30787/gaster.v16i2.294.
- [5] R. Schofield *et al.*, "Knowing self and caring through service learning.," *Int. J. Nurs. Educ. Scholarsh.*, vol. 10, no. 1, pp. 267–274, 2013, doi: 10.1515/ijnes-2013-0009.
- [6] C. F. P. Sari, "Upaya penurunan frekuensi halusinasi penglihatan dengan komunikasi terapeutik di rsjd surakarta," UNIVERSITAS MUHAMMADIYAH SURAKARTA, 2016.
- [7] D. Busainah, L. Adhrianti, and R. B. Saragih, "Komunikasi Terapeutik pada Pasien Skizofrenia (Studi Deskriptif Kualitatif pada Pasien Perempuan Usia Millennial di Ruang Angrek RSKJ Soeprapto Bengkulu)," *J. Kaganga J. Ilm. Sos. dan Hum.*, vol. 5, no. 1, pp. 29–38, 2021, doi: 10.33369/jkaganga.5.1.29-38.
- [8] E. Khodadadi, H. Ebrahimi, S. Moghaddasian, and J. Babapour, "The effect of communication skills training on quality of care, self-efficacy, job satisfaction and communication skills rate of nurses in hospitals of tabriz, iran.," *J. caring Sci.*, vol. 2, no. 1, pp. 27–37, 2013, doi: 10.5681/jcs.2013.004.
- [9] A. Jalil, "Faktor Yang Mempengaruhi Penurunan Kemampuan Pasien Skizofrenia Dalam Melakukan Perawatan Di Rumah Sakit Jiwa," *J. Keperawatan Jiwa*, vol. 3, no. 2, pp. 154–161, 2015.
- [10] WHO, "Skizofrenia," *WHO*, 2022. <https://www.who.int/news-room/fact-sheets/detail/schizophrenia#:~:text=Schizophrenia affects approximately 24 million,as many other mental disorders>.
- [11] Z. Azizah *et al.*, "Perspektif Feminis dalam Kasus Perempuan sebagai Korban Kekerasan Seksual di Perguruan Tinggi," *AL-WARDAH J. Kaji. Perempuan, Gend. dan Agama*, vol. 2, no. 2, pp. 83–98, 2021, doi: 10.22225/jph.2.2.3291.218-222.