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Assignment title: Artikel
Submission title: Jurnal MKI
File name: 8358-26624-2-ED.docx
File size: 99.76K
Page count: 9
Word count: 3,655
Character count: 24,442
Submission date: 13-Mar-2022 01:29AM (UTC+0700)
Submission ID: 1782724814

Research article

Implementation of Family-Based Disease Management Model through Community Empowerment

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Article Info	Abstract
Article History:	Efforts to improve the degree of public health are carried out by applying various approaches, including involving the potential of the community in disease management with a family approach.
Key words: Community Empowerment, Healthy Family,	The purpose of this study was to analyse the effect of implementing family empowerment models on increasing family knowledge about healthy families in Nanggalo Padang. The research design was Quasy Experiment research, one group pretest and posttest design. The sample in the study was 30 people using purposive sample technique in their families who visited Poyanda in 3 villages, namely, Gurun Laweh, Kurao Pagang and Surau Gadang Villages. The community empowerment model used is the Family-Based Disease Management Model developed by Mardikanto. The result showed that there was an effect of the application of the community empowerment model on family knowledge about healthy families (p value = 0.000). The recommendation of this study is that it is necessary to periodically evaluate the understanding and knowledge of health and family cadres for indicators of healthy families in the community.

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PENDAHULUAN

Program Indonesia Sehat dilaksanakan dengan menegakkan tiga pilar utama yaitu penerapan paradigma sehat, penguatan pelayanan kesehatan dan pelaksanaan jaminan kesehatan nasional (JKN) (1). Penerapan paradigma sehat dilakukan dengan strategi penguatan kesehatan dalam pembangunan, penguatan upaya promotif dan preventif, serta pemberdayaan masyarakat. Penguatan pelayanan kesehatan dilakukan dengan strategi peningkatan akses pelayanan kesehatan, optimalisasi sistem rujukan dan peningkatan mutu menggunakan pendekatan *continuum of care* dan intervensi berbasis risiko kesehatan. Sedangkan pelaksanaan JKN dilakukan dengan strategi perluasan sasaran dan manfaat, serta kendali mutu dan biaya. Kesemuanya itu ditujukan kepada tercapainya keluarga - keluarga sehat (1).

Keluarga sehat merupakan upaya dalam pembangunan kesehatan dimulai dari unit terkecil di masyarakat. Pembangunan ini tertuang dalam Undang-Undang No. 52 Tahun 2009 tentang perkembangan Kependudukan dan pembangunan keluarga (2). Salah satu program pembangunan kesehatan adalah Program Indonesia Sehat. Keberhasilan Program Indonesia