



The Role of Family in Stroke Patients in The Community: A Narrative Review

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ARTICLE INFO

Article Type:

Narrative Review

Article History:

Received: 12 December 2024

Accepted: 25 December 2024

Published: 31 December 2024

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ORIGINAL ARTICLE

ABSTRACT

Stroke has become one of the leading causes of death and disability in society, and stroke survivors are very likely to have recurrent strokes. The family is the main support system that greatly influences the success rate of treatment and care for stroke patients in the community. The purpose of this study was to determine and review the role of the family towards stroke patients in the community. This study was conducted with a narrative review design. Literature searches were conducted on national databases, namely Garuda, and international databases, namely PubMed, ProQuest, and EBSCOhost. Article searches in national databases used the words "peran keluarga" and "stroke", and in international databases used the keywords "family role" and "stroke". Article selection was carried out non-systematically with the inclusion criteria for articles being PEOS, namely Population: stroke patients in Indonesia, Exposure: family role, Outcome: patient health status, Study Design: cross-sectional. A total of 88 articles were found and 10 articles met the inclusion criteria. The results of this study found that the role of the family includes preventing recurrent stroke attacks, motivating patients to meet their needs in treatment and care programs, and training stroke patients to be independent in fulfilling daily living activities. The conclusion is that the role of the family in stroke patients includes prevention of recurrence, motivation for treatment, and training independence. Family-centered nursing interventions through health education and good therapeutic communication will be able to increase active family participation in the process of caring for stroke patients in the community.

Keywords: Family Role, Stroke, Ischemic Stroke, Non-Hemorrhagic Stroke, SNH.

ABSTRAK

Stroke telah menjadi salah satu penyebab kematian dan kecacatan yang tinggi dimasyarakat, dan penyintas stroke sangat bersiko tinggi untuk terjadi serangan stroke berulang. Keluarga merupakan sistem pendukung utama yang sangat mempengaruhi keberhasilan pengobatan dan perawatan pasien stroke di masyarakat. Tujuan studi ini adalah untuk mengetahui dan mengulas bagaimana peran keluarga terhadap pasien stroke dimasyarakat. Studi ini dilakukan dengan desain narrative review. Pencarian literature dilakukan pada database nasional yaitu Garuda, dan database internasional yaitu PubMed, ProQuest, dan EBSCOhost. Pencarian artikel pada database nasional menggunakan kata "peran keluarga" dan "stroke", dan pada database internasional menggunakan kata kunci "family role" and "stroke". Seleksi artikel dilakukan dengan non sistematis dengan kriteria inklusi artikel adalah PEOS yaitu Population : pasien stroke di Indonesia, Exposure : peran keluarga, Outcome : status Kesehatan pasien, Studi Design : cross sectional. Sebanyak 88 artikel telah ditemukan dan 10 artikel memenuhi kriteria inklusi. Hasil studi ini menemukan bahwa peran keluarga mencakup pencegahan serangan stroke berulang, motivasi kepatuhan pasien dalam program pengobatan dan perawatan, dan melatih kemandirian pasien stroke dalam memenuhi aktivitas hidup sehari-hari. Kesimpulannya adalah peran keluarga pada pasien stroke mencakup pencegahan kekambuhan, motivasi pengobatan, dan melatih kemandirian. Intervensi keperawatan yang berpusat pada keluarga melalui edukasi Kesehatan dan komunikasi terapeutik yang baik akan dapat meningkatkan partisipasi aktif keluarga dalam proses pengasuhan pasien stroke dimasyarakat.

Kata Kunci: Peran Keluarga, Stroke, Stroke Iskemik, Stroke Non Hemoragik, SNH.

INTRODUCTION

Stroke has become one of the high-risk causes of death and disability in society with survivors having a high risk of recurrent attacks (WHO, 2024). Ischemic stroke or non-hemorrhagic stroke is the most common type of stroke in society (Tini et al., 2020). Stroke is a disease that is important to get attention from both patients and their families (Kemenkes RI, 2022). The knowledge and role of the family greatly influence the success of handling stroke patients in the community to avoid the risk of death and severe disability (Susanti et al., 2022)

The World Health Organization reports that around 15 million people in the world suffer from stroke each year. Of that number, 5 million people die and another 5 million experience permanent disabilities which have an impact on the burden on families and society (WHO, 2024). Stroke is one of the non-communicable diseases that many Indonesians suffer from, with the prevalence of incidents continuing to increase with increasing age, a history of hypertension, and a history of diabetes mellitus in the community (Setyopranoto et al., 2019). Compared to the general public, the quality of life of stroke patients in the community is among the worst. Family as caregivers are the main factors that can improve the quality of life of patients because most stroke survivors experience physical limitations that cause various problems including psychological problems and social interaction problems in the community (Ismail et al., 2022)

Factors related to stroke prevention behavior are self-efficacy, perception, and awareness of stroke prevention measures (Upoyo et al., 2021). Stroke requires proper treatment to avoid severe disability and even death (Venketasubramanian et al., 2022). Self-efficacy will affect psychosocial adaptation, physiological adaptation, and quality of life of stroke patients (Dharma et al., 2023). Cooperation between the government, health workers, and the community is essential to prevent stroke incidents in the community (Venketasubramanian et al., 2017). The role of the family as the patient's primary unit in society is very important because it can influence the patient's ability to care for themselves as stroke survivors (Risal & Sali, 2021). Family caregivers are essential in caring for stroke patients. Families must work together with health workers in their role in stroke patient care through daily activities, spiritual activities, decision-making, treatment and rehabilitation, and financial support (Agianto, 2018)

Primary care for stroke patients in the community focuses on preventing recurrent stroke, maximizing patient function, preventing further complications, and optimizing patient quality of life. Primary care for stroke patients is carried out by involving nurses and family members to provide support to patients (Kernan et al., 2021). Family coping as caregivers, self-efficacy, and acceptance of the disease have a direct influence on the psychosocial adaptation response and self-efficacy of stroke patients, thereby improving the quality of life (Dharma et al., 2023). Families who have good knowledge and response will influence their decision-making in the treatment and care program for stroke patients in the community (Susanti et al., 2022). The purpose of this study was to identify more broadly how the role of the family influences stroke patients in the community.

RESEARCH METHODS

This study is a narrative review used to review the role of the family towards stroke patients in the community. The articles used are various research results that have been published in national and international journals in the last ten years, namely 2014-2024. The national database used is Garuda, the international database is PubMed, ProQuest, and EBSCOhost. The keywords used in searching for articles in the national database are "peran keluarga" and "stroke", the keywords used in searching for articles in the international database are "family role" and "stroke". The selection of articles is carried out through a gradual screening process based on duplication of articles from various databases, screening articles based on titles, screening articles based on abstracts, and screening articles on full papers to obtain articles that meet the inclusion criteria. The inclusion criteria for articles are determined based on the PEOS approach, namely Population: stroke patients in Indonesia, Exposure: family role, Outcome: patient health status, Study Design: cross-sectional. The articles were extracted based on the researcher's name, year of publication, and their research results. Various research results were presented narratively by combining several similar research results in one narrative.

RESULTS

A total of 88 articles were found from the Garuda database = 35 articles, ProQuest = 46 articles, EbscoHost = 3 articles, and PubMed = 4 articles. There were 10 articles that met the inclusion criteria and were determined to answer the objectives of this study (table 1).

Table 1. Distribution of research results on the role of the family towards stroke patients in the community.

No	Researchers, Year	Results
1	(Melinda et al., 2023) (Aspiati & Sihaloho, 2021) (Ambarika & Anggraini, 2022)	The role of care provided by the family is related to the prevention of recurrent stroke attacks in post-stroke patients
2	(Handayani et al., 2020) (Setiawan, 2022)	The role of the family is related to the motivation and compliance of patients in treatment and care programs at health facilities
3.	(Witriastuti et al., 2023) (Maulidah, Virdiyanti, R., & Hendranti, 2024) (Meila et al., 2023) (Pranata et al., 2022) (Tatali et al., 2018)	The role of the family is related to the level of independence of stroke patients in fulfilling daily living activities

Table 1 shows that the role of the family has an impact on preventing recurrent stroke attacks in post-stroke patients, patient motivation and compliance in treatment and care programs at health facilities, and the level of independence of stroke patients in meeting their daily activity needs.

DISCUSSION

The role of the family is one of the factors that influences the recurrence or recurrent attacks of stroke patients in the community. The role of the family in preventing recurrence or recurrent stroke attacks includes providing support to control risk factors for stroke and supporting stroke patients in modifying a healthier lifestyle (Melinda et al., 2023). The family has an important responsibility in efforts to prevent recurrent stroke attacks by supporting patients and family members not to smoke at home so that stroke patients are not exposed to cigarette smoke, avoiding triggers of emotional stress in stroke patients, preventing alcohol consumption, and providing low-fat and low-cholesterol foods as a diet for stroke patients at home (Aspiati & Sihaloho, 2021). The role of the family can also be carried out by providing emotional strength, providing affection and good attention to stroke patients to increase the patient's enthusiasm in making efforts to prevent recurrent strokes (Ambarika & Anggraini, 2022).

The role of the family has also had an impact on the motivation and compliance of stroke patients in undergoing treatment and care programs at health facilities. This role can be carried out by accompanying patients when seeking treatment at health facilities, and listening to health information or advice given by medical personnel and health workers to patients (Handayani et al., 2020). The role of family support has had an impact on the enthusiasm and good motivation of stroke patients in following and carrying out physiotherapy training programs (Setiawan, 2022). It is also important for family members to have a good response and knowledge about stroke so that when a family member has a stroke or has repeated strokes, they can be immediately taken to a health facility to get help (Susanti et al., 2022). Adaptation is needed because stroke patients experience very complex changes in responding to physical, psychological, and social aspects. One of the therapeutic interventions that can improve adaptation, mobilization, and quality of life of stroke patients is autogenic relaxation therapy, which involves family support as the main support system (Israfil et al., 2024). Patients can also do self-relaxation independently and this has been proven to have an effect on the emotional status of patients, making them more enthusiastic in living their lives as stroke survivors in society (Golding et al., 2018). The routine use of relaxation techniques can overcome the

anxiety of patients undergoing post-stroke rehabilitation and shows excellent potential in supporting patient motivation to be enthusiastic in every treatment and care program they undergo (Kneebone et al., 2014)

The role of the family is very much needed to improve the ability of stroke patients to carry out and fulfill their daily life activities (Maulidah, Virdiyanti, & Hendranti, 2024), (Meila et al., 2023). Good family support can help the rehabilitation process of stroke patients for recovery, help with physical exercise, and motivate stroke patients so that they can carry out Daily Living Activities without depending on others (Tatali et al., 2018). The role of the family has a major impact on the level of independence of stroke patients in carrying out daily activities in the community. The role of the family is to ensure that stroke patients are in a residential environment that supports the recovery process, an environment that provides good attention, and an environment that is willing to provide assistance to support the health and quality of life of stroke patients in the community (Witriastuti et al., 2023). The family is the most important support system for stroke patients to get support to fulfill their basic daily needs and get support related to a good self-concept as a stroke survivor (Laia, 2018).

The level of family independence in providing care for stroke patients has a significant relationship with the ability of stroke patients to meet the needs of daily living activities, so Health Education about family health tasks in caring for stroke patients at home must continue to be improved (Maulidah, Virdiyanti, & Hendranti, 2024). Families need health information, professional support, and involvement in care. Nurses as health professionals must assess patient needs from the family's perspective to ensure successful home rehabilitation for stroke survivors in the community (Kumar et al., 2016). Nursing interventions with a good therapeutic communication approach can influence the family's attitude towards their support in caring for stroke patients in the community (Sihombing, 2023). Family care interventions as clients must also be fulfilled to reduce the burden and stress experienced by post-stroke survivor families in the community (da Silva & Boery, 2021).

CONCLUSION

Family is the main support system in handling stroke patients in the community. The role of the family includes preventing recurrent stroke attacks, increasing motivation and compliance of stroke patients in undergoing treatment and care programs, and increasing the independence of stroke patients in meeting the needs of daily living activities in the community. Prevention of recurrent stroke is done by preventing patients from smoking or being exposed to cigarette smoke, avoiding stress triggers, preventing alcohol consumption, and providing low-fat and low-cholesterol foods, providing emotional strength, affection and good attention. Patient Motivation and compliance in treatment and care programs are increased by accompanying patients when receiving treatment at health facilities, accompanying patients when listening to information from health workers, and providing relaxation therapy. Increasing patient independence is done by helping with physical exercise, motivating patients to do activities without assistance, and ensuring that patients are in a residential environment that supports the recovery process. Nursing interventions with good therapeutic communication continue to be carried out to increase knowledge and strengthen the role of the family in handling and caring for stroke patients in the community.

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