

Family Support in Treating Elderly with PTM in the Time of the Covid-19 Pandemic

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Abstract

The family is the closest person to the elderly and plays an essential role in caring for the elderly with PTM during the covid-19 pandemic. This article aims to determine family support in caring for the elderly with non-communicable diseases (PTM) during the COVID-19 pandemic. This study conducts a systematic review of online databases, including Science Direct, Proquest, Clinicalkey, and Google Scholar. The keywords used are "family support", "elderly", "covid-19", and "non-communicable disease". The literature search was conducted in English and Indonesian from 2012 to 2021. The results obtained were an analysis of 10 research articles related to family support for caring for the elderly. The weakness that may arise in this research is that there may still be some relevant articles that do not meet the inclusion criteria set by the author. Family support in caring for the elderly with non-communicable diseases (PTM) is very much needed during the Covid-19 pandemic. This study was designed to review literature related to family support in caring for the elderly with PTM during the Covid19 pandemic.

Keywords

family Support; elderly; covid-19 pandemic; non-communicable disease



I. Introduction

In December 2019, the world was shocked by the emergence of a new disease called Coronavirus Disease 2019 or COVID-19. On February 11, 2020, WHO named the virus severe acute respiratory syndrome coronavirus-2 (SARS-CoV-2), and the name of the disease was coronavirus disease 2019 (Covid-19) (WHO, 2020). This disease first appeared and was discovered in Wuhan, China, and spread to all parts of the world, including Indonesia, and was declared a pandemic in March 2020. The COVID-19 pandemic has had a significant impact on the global population. Most of the older adults in the world are affected by this disease. The cumulative number of cases until the end of May 2021, which were confirmed positive for COVID-19, was 1,821,703, of which 11.3% of cases occurred in the elderly, with the highest comorbidity being hypertension at 50.3% (Karahana et al., 2021).

The elderly are a group that is included in the vulnerable category who have an increased risk of experiencing health problems due to reduced ability to avoid disease and high exposure to risk factors (WHO, 2020). This condition is exacerbated by their weak immune system and is associated with underlying chronic diseases such as diabetes, hypertension, cardiovascular disease, and cerebrovascular disease (Liang et al., 2020). These factors can cause stress and fear among the elderly in the face of the current COVID-19 pandemic. In addition, to prevent the transmission of COVID-19, WHO recommends doing Social Distancing or social restrictions (Lee et al., 2020).

Elderly (elderly) in general and older women face a significant risk of contracting Covid-19. WHO data shows that more than 95% of deaths occur at the age of more than 60 years and more than 50% aged 80 years and over. As many as 8 out of 10 deaths occur in individuals with at least one comorbidity with cardiovascular disease, hypertension, and diabetes (Kemenesi et al., 2020). The latest report on the incidence of death in patients with confirmed Covid-19 due to comorbidity from non-communicable diseases (NCDs) is relatively high. As many as 20-51% of Covid-19 have at least one comorbidity, with 10-20% suffering from diabetes mellitus, 10-15% hypertension, and other heart and cerebrovascular diseases as much as 7-40% the most common. The presence of comorbidities will increase the risk of respiratory disorders 3-4 times in Covid-19 patients (für das Alter, 2020).

WHO reminds governments and authorities that all communities must be supported to ensure parents get what they need. During this pandemic, all parents must be treated with respect and dignity with the principle of not leaving anyone to “leave no one behind” (Kim & Asbury, 2020). Family support is critical to implementing the treatment plan and adhering to the treatment regulations, particularly during the Covid-19 epidemic. This is because the family has a function and role in realizing the health of all family members. The family is essential because it is the basic unit of care (Ashidiqie, 2020).

According to Satir, in 1967, roles in the family were divided into two categories, namely formal roles, and informal roles. Formal roles are clearly (explicit) following the family structure, for example, the father’s role as a husband, the role of the mother as a wife, and the role of the child (boy or girl) as the eldest or youngest sibling. Although informal roles are more hidden, not apparent (implicit), these roles are needed to meet the emotional needs of family members (Claret et al., 2020).

Families who care for the elderly need knowledge, skills, willingness, dedication, and patience. This is so that the community and families understand certain diseases. They also feel that they are essential to maintaining their health and the environment around them (Finkelstein et al., 2022). Knowledge is critical in defining a comprehensive attitude since it generates beliefs, sees reality, serves as a basis for selecting particular items, and so influences action. Adult conduct is formed in the cognitive domain, where the individual is aware of the stimulus in the form of material or external objects in advance, leading to new knowledge in attitudes and behavior (Koh et al., 2021).

Research conducted by Irwadi et al. (2021) on the characteristics and attitudes of elderly caregivers with comorbidities in preventing Covid-19 infection found that the behavior of elderly caregivers to prevent infection-related to risk factors was inadequate so that it could cause the elderly to have a risk of Covid-19. One of the efforts to prevent the elderly from contracting Covid-19 is to increase nursing staff’s knowledge, attitudes, and actions in preventing infection by providing health education. Another factor affecting the health of the elderly is the lack of adequate caregiver knowledge, which can cause unintentional harm to their loved ones and can also harm themselves (Bassah et al., 2018).

Soesanto & Semarang (2021) did a similar study on the link between family support and health services for elderly hypertensive patients during the Covid-19 pandemic. The findings of this study indicate that with adequate family support in health care for elderly people with hypertension during the Covid-19 pandemic, it is expected that the elderly will continue to engage in routine health care efforts, primarily routine control in health services, even during the Covid-19 pandemic situation, by adhering to health protocols and avoiding possible complications (Leddy et al., 2020).

The purpose of the study using this systematic review was to review findings related to family support in caring for the elderly with PTM during the COVID-19 pandemic.

II. Review of Literature

No	Researcher	Publisher	Title	Method	Results and Conclusions	Strengths and weaknesses
1	Ahmad Zainal abidin, Errix Kristian Julianto (2020)	Jurnal STIKes Insan Cendekia Husada Bojonegoro <i>Searching Literature:</i> Google Scholar	Hubungan fungsi pemeliharaan kesehatan keluarga dengan pencegahan penularan covid-19 bagi lansia di desa Kadungrejo Baureno Bojonegoro	Non-experimental study with Correlational approach with Quota Sampling. Sample: 102 Respondents	The ability of families to manage family health is essential because families must have the ability to identify health problems, make decisions, provide family health services, maintain a supportive family environment and maintain beneficial relationships with families and health care.	In a pandemic situation like this, indeed, all activities of the elderly must be guided biologically, psychologically, socially, and spiritually.
2	Ni Putu Wiwik Oktaviani, Ni Putu Nopindrawat, Ni Wayan Trisnadewi, I Made Sudarma Adiputra (2021)	Jurnal Keperawatan <i>Searching Literature:</i> Google Scholar	Dukungan keluarga mengontrol kepatuhan minum obat anti hipertensi pada lansia selama pandemic Covid-19	<i>Cross-Sectional</i> <i>Population:</i> 66 respondents <i>Sample:</i> 40 respondents	Family support during the COVID-19 pandemic has been proven to have medication adherence for the elderly to take medication.	Instrumental, informative, valuable, and emotional support for individuals is the support given when families need support when they are healthy and sick
3	Getrudis Tutpai, Ermeisi Er Unja, Florentina Nura	KnE Life Sciences <i>Searching Literature:</i> Google Scholar	Family support for controlling blood pressure of elderly patients in health facilities during the covid-19 pandemic in Banjarmasin	Cross-sectional Population: 50 parents' families with hypertension	Good family support makes patients diligent in controlling their illness in health facilities.	During a pandemic like the current one, elderly patients need support at home to keep their blood pressure under control in healthcare settings. Health workers, nurses, in particular, are expected to work with families to improve health care, particularly for the elderly with hypertension.
4	Dewi Baririet Baroroh, Nurul irafayani	Jurnal keperawatan <i>Searching Literature:</i>	Peran keluarga sebagai <i>care giver</i> terhadap pengelolaan aktifitas pada	Cross-Sectional Sample: 66 households with elderly.	The role of the family as a caregiver influences the management of activities in the	One of the health tasks that families must carry out is to provide help and care

	(2012)	Google Scholar	lansia dengan pendekatan NIC dan NOC		elderly. Whereas in the elderly themselves, due to reduced physical and psychological abilities, causing a reduced role and status of the elderly in the family. The family plays an important role, namely providing family health care to maintain its members' health (caregiver).	(caregivers) to their family members. The role of the family as a caregiver in managing the activities of the elderly (people who cannot help themselves due to physical or mental disabilities) under the NIC and NOC approach. If a family member is sick, they will not meet the needs of living activities independently. At this stage, the role of nurses becomes essential in caring for the elderly, especially in helping/regulating activities carried out by elderly families.
5	Edy soesanto, (2021)	Jurnal Keperawatan dan kesehatan masyarakat STIKES Cendekia Utama Kudus <i>Searching Literature:</i> Google Scholar	Hubungan dukungan keluarga dengan upaya perawatan kesehatan lanjut usia hipertensi dimasa pandemic Covid-19	<i>Cross-Sectional</i> Sample: 96 elderly respondents with hypertension in the village of Kangkung, Mranggen, Demak, aged 60 years, currently undergoing antihypertensive treatment, routinely treating hypertension at the Mranggen I Health Center and living with family members	Health services for the elderly with high blood pressure are strongly supported by their families during the COVID-19 pandemic. Elderly hypertensive patients are expected to continue to carry out routine health services, especially during the COVID-19 pandemic, by complying with health protocols to prevent possible complications.	There is no standardization of routine care and treatment because most patients feel bored to undergo treatment. After all, it takes a long time and feels like a burden on the family.

6	Lilik pranata, sri indaryati, maria tarisia rini, bangun dwi hardika. (2021)	Jurnal penelitian pendidikan Searching Literature: Google Scholar	Peran keluarga sebagai pendidik dalam meningkatkan pengetahuan tentang pencegahan Covid-19	This type of research uses a quantitative approach with descriptive research methods. In this study, a questionnaire containing information about age, education, and family roles were used	The role of the family is significant in providing education for families to increase family knowledge and prevent the spread of Covid-19. The best education starts from small groups, especially families.	The Covid-19 pandemic has dramatically affected people's lives from the beginning of the economy, especially in terms of health. At this time, the role of the family in providing a good support system from education to the implementation of Covid-19 prevention is very much needed.
7	Fitra yeni, Miftahul Husna, Dachriyan us. (2016)	Jurnal Keperawatan Indonesia Searching Literature: Google Scholar	Dukungan keluarga memengaruhi kepatuhan pasien hipertensi	<i>Cross-Sectional</i> <i>Sample: 59 people</i>	There is a considerable correlation between family support and compliance, and it is one-way; hence, the more family support, the more hypertension patients comply	Families should place a greater emphasis on giving information and support to individuals with hypertension. The effectiveness of treatment in hypertensive patients depends on adherence, and family support can be a very influential factor.
8	Juliana Onwumere , Elizabeth Kuipers, Emilie Wildman, Ava Mason, Daniel Stahl (2021)	Journal of Affective Disorders Reports (Elsevier) Searching Literature: Science Direct	Caregiver wellbeing during Covid-19: does being hopeful play a role?	Cross-sectional The data is collected from an online survey conducted on the Qualtrics platform.	The pandemic has led to a significant increase in the burden of caregiving, especially in the early stages of services (such as health and social care providers) adjusting to the new regulatory model.	Not to be disregarded are the additional and specific challenges posed by the pandemic to caregiver health and well-being demands
9	Carla Ickert, Rachel Stefaniuk, James Leask (2021)	Elsevier Searching Literature: Science Direct	Experiences of long-term care and supportive living residents and families during the COVID-19 pandemic: "It's a lot different for us than it is for the average Joe"	Coding, using Nvivo, and interviews completed simultaneously	Emphasizes the critical role of LTC residents and families in decision-making during pandemic planning and response, as well as the psychosocial impact of LTC constraints	Finally, this study did not include residents with dementia's actual experiences and viewpoints. While resident participants and families can provide direct information about residents'

						experiences and feelings with dementia, the individual's direct experiences were not captured in this study.
10	Luluk Fauziah, Mohammad Lutfi, Alvin Abdillah (2020)	Jurnal ilmiah ilmu keperawatan Searching Literature: Google Scholar	Korelasi perilaku pencegahan penyakit tidak menular pada lansia dengan dukungan keluarga melalui pendekatan teori lawrence green	Cross-Sectional Population: 135 elderly Sample: 102 respondents	Family support is positively correlated with the behavior of the elderly in preventing non-communicable diseases.	The behavior of the elderly is positively related to family support, meaning that if the elderly get good family support, it will affect the behavior of the elderly who are active in preventing PTM

III. Research Method

This study uses a systematic review approach through several electronic databases. Literature searches were conducted online using databases including Science Direct, Proquest, Clinicalkey, and Google Sholar. The keywords used are “family support”, “elderly”, “covid-19”, and “non-communicable disease. Search articles or journals using keywords and boolean operators (AND, OR NOT or AND NOT), which are used to expand or specify the search, making it easier to determine the articles or journals used. The keywords in this literature review are adjusted to the medical subject heading (MeSH), and the year used is limited to 2012 to 2021 and is available in English and Indonesian. The article selection process is described in Scheme 1 below.

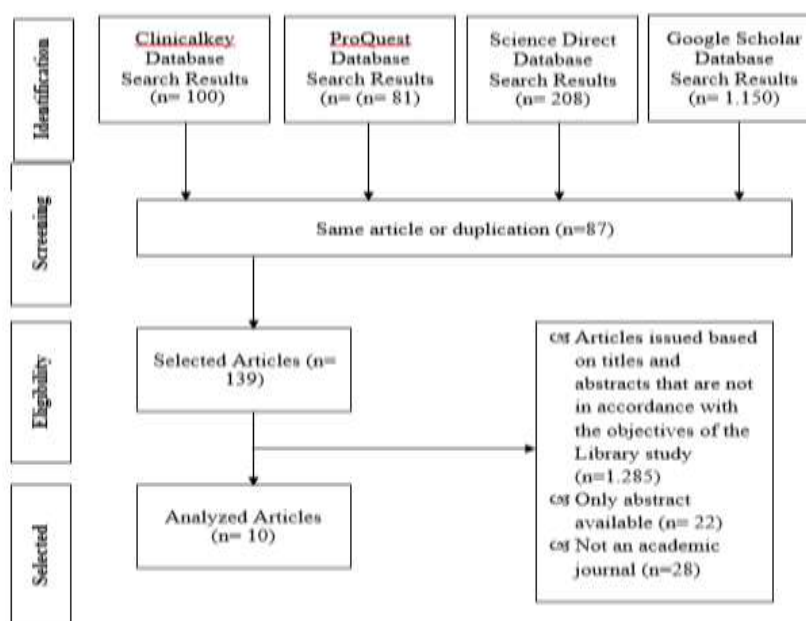


Figure 1. Article Selection Scheme

IV. Results and Discussion

Based on the analysis of the article, it was found that the family plays an essential role in the sustainability of the health quality of older families, especially those who have chronic diseases during the Covid-19 pandemic. Research by Abidin et al. (2020) The elderly is affected by Covid-19 because they are included in the vulnerable and high-risk age category. This condition requires extra protection and prevention for the elderly. The ability of families to manage family health is critical because families must have the ability to identify health problems, make decisions, provide family health services, maintain a supportive family environment and maintain beneficial relationships for families and care providers.

In one of the research found, the cause of high blood pressure is currently caused by a bad lifestyle, such as excessive salt intake, high cholesterol foods, lack of physical activity such as exercise and genetic factors are also the cause of high sugar levels and blood pressure (Livana & Basthomi, 2020). Family support is needed by the elderly who suffer from non-communicable diseases during the COVID-19 pandemic. The lack of control over medication adherence in hypertensive patients during the pandemic is the cause of the failure of hypertension treatment. Commitment to taking antihypertensive drugs can be improved through family support as an intervention. Good family support can positively impact adherence to taking the medication regularly in the elderly.

The results of this study are in line with research conducted by Soesanto & Semarang (2021), which found a relationship between family support and health efforts for the elderly with hypertension during the Covid-19 pandemic. High blood pressure is a threat to public health, especially in the elderly, because it can cause complications such as stroke, coronary heart disease, and kidney failure and requires regular treatment, especially during the Covid-19 pandemic. With routine control in health services by complying with hygiene protocols to prevent possible complications. Families consistently provide motivation and support for older adults with hypertension to continue to make health care efforts and help carry out routine controls in existing health services.

Meanwhile (Pranata et al., 2021) argues that the role of the family is critical in the prevention process, and the findings indicate the need to increase the role of the family, especially in providing education in the era of the Covid-19 pandemic.

V. Conclusion

During the current Covid-19 pandemic, family support in caring for the elderly, especially those with non-communicable disease conditions or chronic diseases, is needed. Good family support is essential during the Covid-19 pandemic. This should be watched out for, especially at the vulnerable age and at-risk people, the elderly. The number of deaths in the elderly in the pandemic tops the list in Indonesia. This is a concern for all parties, especially family members or family members (elderly companions). The family plays a vital role in the sustainability of the quality of health, especially for the elderly. Families have roles and functions to look after each other and create a balance of health status by carrying out health maintenance functions in it. Having family members or elderly companions is the key to success in preventing all health problems related to the elderly. In this case, the elderly are expected to remain healthy and not risk contracting Covid-19.

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