

ABSTRAK

Latar Belakang: Osteoarthritis (OA) lutut merupakan penyakit degeneratif kronis dengan prevalensi meningkat pada lansia, ditandai degradasi kartilago artikular yang menyebabkan nyeri, kekakuan, dan keterbatasan fungsional. Penatalaksanaan memerlukan pendekatan multidimensional, dengan edukasi kesehatan oleh perawat sebagai komponen strategis. Keberhasilan edukasi tidak hanya bergantung pada akurasi informasi, tetapi juga kualitas hubungan terapeutik melalui pendekatan caring (Jean Watson) yang memposisikan pasien sebagai mitra aktif. Meskipun pasien OA *Knee* di Poli Orthopedi RSUD Selasih rutin menerima edukasi, pengalaman dan persepsi mereka terhadap peran caring perawat belum terungkap secara mendalam.

Tujuan: Mengeksplorasi persepsi dan pengalaman pasien OA *Knee* terhadap peran perawat dalam edukasi berbasis caring.

Metode: Penelitian kualitatif dengan desain fenomenologi deskriptif Husserlian. Partisipan dipilih secara purposive (8–12 pasien) dengan kriteria: usia ≥ 40 tahun, pernah menerima edukasi, mampu berkomunikasi verbal, dan bersedia menjadi partisipan. Data dikumpulkan melalui wawancara mendalam semi-terstruktur, observasi non-partisipatif, dan catatan lapangan dengan proses bracketing. Analisis menggunakan metode Colaizzi (7 langkah). Keabsahan data dijamin melalui credibility, dependability, confirmability, dan transferability. Penelitian telah mendapatkan ethical clearance dan memperhatikan prinsip etik.

Hasil: Penelitian melibatkan 7 partisipan perempuan (usia 45–57 tahun, lama menderita 1,5–5 tahun). Ditemukan lima tema utama: (1) Pengalaman menerima edukasi (materi penyakit, pola makan, aktivitas, olahraga) melalui metode lisan, brosur, gambar, dan video; (2) Makna caring dalam edukasi diwujudkan melalui sikap empatik, sabar, komunikasi jelas, dukungan emosional-spiritual, kehadiran utuh, penghargaan otonomi, dan lingkungan nyaman; (3) Dampak edukasi caring terhadap peningkatan pemahaman, motivasi, kepatuhan, kemampuan fungsional, dan kualitas hidup; (4) Faktor pengaruh: pengalaman berobat sebelumnya; (5) Harapan pasien terhadap peningkatan frekuensi, kedetailan materi, dan keberlanjutan pelayanan.

Kesimpulan: Pasien memiliki persepsi positif terhadap peran perawat dalam edukasi berbasis caring. Pendekatan ini memberdayakan pasien dan berdampak signifikan terhadap luaran klinis dan psikososial. Penelitian merekomendasikan pengembangan kebijakan institusi, pelatihan perawat, dan penelitian lanjutan untuk optimalisasi praktik edukasi caring pada penyakit kronis.

Kata Kunci: *Osteoarthritis lutut, edukasi perawat, caring, fenomenologi, kualitatif*

ABSTRACT

Background: Knee osteoarthritis (OA) is a chronic degenerative disease with an increasing prevalence among the elderly, characterized by articular cartilage degradation that leads to pain, stiffness, and functional limitations. Its management requires a multidimensional approach, with health education provided by nurses as a strategic component. The success of education depends not only on the accuracy of information but also on the quality of the therapeutic relationship through a caring approach (Jean Watson) that positions the patient as an active partner. Although OA Knee patients at the Orthopedic Polyclinic of RSUD Selasih routinely receive education, their experiences and perceptions of the nurse's caring role have not been explored in depth.

Objective: To explore the perceptions and experiences of OA Knee patients regarding the nurse's role in caring-based education.

Methods: This was a qualitative study with a Husserlian descriptive phenomenological design. Participants were selected purposively (8–12 patients) with the following criteria: aged ≥ 40 years, had received education, able to communicate verbally, and willing to participate. Data were collected through semi-structured in-depth interviews, non-participatory observation, and field notes with a bracketing process. Data analysis used Colaizzi's seven-step method. Data trustworthiness was ensured through credibility, dependability, confirmability, and transferability. The study obtained ethical clearance and adhered to ethical principles.

Results: The study involved 7 female participants (aged 45–57 years, with a disease duration of 1.5–5 years). Five main themes were identified: (1) Experiences of receiving education (disease-related content, diet, activity, and exercise) delivered through oral methods, brochures, pictures, and videos; (2) The meaning of caring in education, manifested through empathetic attitudes, patience, clear communication, emotional-spiritual support, genuine presence, respect for autonomy, and a comfortable environment; (3) The impact of caring-based education on improved understanding, motivation, adherence, functional ability, and quality of life; (4) Influencing factors: previous treatment experiences; (5) Patient expectations regarding increased frequency, more detailed material, and continuity of services.

Conclusion: Patients have positive perceptions of the nurse's role in caring-based education. This approach empowers patients and has a significant impact on clinical and psychosocial outcomes. The study recommends the development of institutional policies, nurse training, and further research to optimize caring-based educational practices in chronic diseases.

Keywords: Knee osteoarthritis, nurse education, caring, phenomenology, qualitative