

## ABSTRAK

Penelitian ini bertujuan mengeksplorasi peran tenaga kesehatan dalam penanganan penyakit degeneratif pada lansia di Puskesmas Negeri Lama. Menggunakan pendekatan kualitatif dengan desain studi kasus, data dikumpulkan melalui wawancara mendalam terhadap 7 informan (petugas klaster lansia, pemegang program PTM, dokter, apoteker, dan ahli gizi), observasi, serta dokumentasi. Hasil penelitian menunjukkan tenaga kesehatan menjalankan peran kuratif melalui pelayanan medis terpadu meliputi pemeriksaan komprehensif, diagnosis, pengobatan, konseling farmasi dan gizi, serta sistem rujukan. Peran preventif dilaksanakan melalui skrining kesehatan rutin, penyuluhan, edukasi pola hidup sehat, dan modifikasi gaya hidup. Tantangan yang dihadapi meliputi komplikasi penyakit kompleks, kekosongan obat, keterbatasan fasilitas, penurunan daya ingat lansia, kurangnya pengetahuan tentang pencegahan, ketidakrutinan kunjungan, kendala jaringan internet, serta kondisi geografis dan ekonomi. Pola komunikasi yang diterapkan bersifat *patient-centered* dengan penyesuaian khusus sesuai karakteristik lansia dan melibatkan keluarga dalam proses edukasi. Diperlukan peningkatan sistem manajemen logistik, pengembangan media edukasi, penguatan kolaborasi interprofesional, inovasi metode edukasi, serta dukungan keluarga dan masyarakat untuk mengoptimalkan pelayanan kesehatan lansia.

**Kata Kunci:** Tenaga Kesehatan, Penyakit Degeneratif, Lansia, Pelayanan Kuratif, Pelayanan Preventif, Puskesmas

## **ABSTRACT**

*This study aims to explore the role of health workers in the management of degenerative diseases in the elderly at the Negeri Lama Community Health Center. Using a qualitative approach with a case study design, data were collected through in-depth interviews with seven informants (elderly cluster officers, PTM program holders, doctors, pharmacists, and nutritionists), observation, and documentation. The results of the study show that health workers carry out a curative role through integrated medical services including comprehensive examinations, diagnosis, treatment, pharmaceutical and nutritional counseling, and referral systems. The preventive role is carried out through routine health screenings, counseling, education on healthy lifestyles, and lifestyle modifications. The challenges faced include complex disease complications, drug shortages, facility limitations, declining memory in the elderly, lack of knowledge about prevention, irregular visits, internet network constraints, and geographical and economic conditions. The communication pattern applied is patient-centered with specific adjustments according to the characteristics of the elderly and involves the family in the education process. Improvements are needed in logistics management systems, the development of educational media, the strengthening of interprofessional collaboration, innovations in educational methods, and support from families and communities to optimize health services for the elderly.*

**Keywords:** *Health Workers, Degenerative Diseases, Elderly, Curative Services, Preventive Services, Community Health Centers*