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Apr 2, 2021

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## The Role Of Nurses In Providing Social Support In Tuberculosis Treatment: Literature Review

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### ABSTRAK

**Background** Tuberculosis is a type of infectious disease that can cause death if treatment is not completed. the duration of tuberculosis treatment can reach 6 to 8 months so it really requires discipline when doing treatment. This makes tuberculosis patients in dire need of health information and social support which is very helpful in providing motivation, health information, and monitoring treatment from nurses. **Aim** of this literature review is to provide an overview of the The Role Of Nurses In Providing Social Support In Tuberculosis Treatment: Literature Review. **Method** is a literature review research, this study uses electronic database searches using keywords according to research questions from the online library PubMed, Content Science, and Science Direct. **Result** it was found that the role of nurses in the aspect of social support, namely in providing motivation, supervision, comfort, empathy, and information. this is very necessary for patients with tuberculosis at the time of treatment. **Conclution** social support is needed by tuberculosis patients who are currently undergoing treatment to provide motivation, health information, and as a nurse's supervision of patient adherence to tuberculosis treatment.

Keyword: Social Support, Tuberculosis, Nursing, Information Support

## INTRODUCTION

Tuberculosis is a contagious disease caused by pulmonary tuberculosis (*Mycobacterium tuberculosis*) (Organization, 2019). In addition, Tuberculosis is also caused by environmental and food factors, which cannot be completely cured if Tuberculosis patients do not undergo routine treatment. Which routine treatment can be a challenge in itself. This is due to the non-stop treatment which lasts 6 to 8 months (Christof et al., 2020). The continuous treatment process will have a psychological impact on Tuberculosis patients such as feeling boredom and tired in undergoing the treatment process (Baniqued et al., 2020; Nezenega et al., 2020).

Perceptual<sup>2</sup> aspects of social support are emotional support, appraisal support, information support, and instrumental support. Social support from health workers and nursing is needed by TB patients because this social support can create a feeling of security, attention, comfort because they feel that there are other individuals who support, accept their existence, and do not isolate them. In addition, the positive perceptions that arise from this social support can also help eliminate negative attitudes of Tuberculosis patients such as eliminating feelings of inferiority (Baniqued et al., 2020; Nezenega et al., 2020; Watermeyer and Penn, 2019).

<sup>2</sup>Aspects of social support are emotional support, appraisal support, information support, and instrumental support. Social support from health workers and nursing is needed by TB patients because this social support can create a feeling of security, attention, comfort because they feel that there are other individuals who support, accept their existence, and do not isolate them. In addition, the positive perceptions that arise from this social support can also help eliminate negative attitudes of Tuberculosis patients such as eliminating feelings of inferiority (Ainiyah et al., 2019; Browne et al., 2019).

In this 21<sup>st</sup> century technology is no longer an extraordinary thing but a necessity. Where technology can provide many benefits for everyday life (Cox et al., 2019; Sekandi et al., 2021). One form of technology that is often used in this century is the smartphone which is one of the electronic media apart from being a communication tool as well as a source of information, knowledge, and as a document storage medium. In the world of health, smartphones also take part in providing health information and as reminders of treatment (Cox et al., 2019; Kumar et al., 2019).

## METHODS

This research is a literature review research. In searching for journals in this literature review, using the online library to search for journals relevant to the theme The Role Of Nurses In Providing Social Support In Tuberculosis Treatment: Literature Review in this literature, namely PubMed, Content Sciendo, and Science Direct. Search for related articles based on the keyword in the research question. Keyword: “Social Support”, AND “Tuberculosis”, AND “Nursing”, OR “Information Support”.

### **Inclusion criteria**

The literature used in writing this journal is literature that meets the inclusion criteria. The inclusion criteria in this journal are determined based on: topics about the role of nurses in providing social support for tuberculosis published in 2019 to 2021, full text directed in english language, and using qualitative research design and quantitative designed as a quantitative and qualitative research.

### **RESULT**

Article searches that have been carried out by filtering according to research keywords in the last 3 years obtained 129 articles related to tuberculosis. Then the articles related to the questions in this study were filtered again so that they became 8 related journals. Based on 8 journals, it was found that the role of nurses in the aspect of social support, namely in providing motivation, supervision, comfort, empathy, and information. this is very necessary for patients with tuberculosis at the time of treatment.

Review journals from 8 journals related to the theme of social support, and tuberculosis according to the inclusion criteria, with the following results:

**Table 1. review journal**

<b>Research</b>	<b>Methods</b>	<b>Nurse role in sosial support</b>
(Baniqued et al., 2020) “Social support from nurses and non-adherence with directly observed therapy (DOTS) maintenance	Design: Prospective-cohort. Sample: 100 Participant Analysis: Cox proportional-hazards regression	Social support provided by nurses can influence DOTS non-adherence in TB patients, a health issue in the development of drug resistance. Emotional perceptions, instrumental, seeking support, and receiving

phase among patients with tuberculosis”		emotional support reduce the danger of non-adherence, while receiving emotional support increases non-adherence.
(Arifin et al., 2019) “The Relationship of Social Support with Medication Adherence Pulmonary Tuberculosis Patients Through DOTS Strategy in Pidie Aceh Indonesia”	Design: cross sectional Sample: 80 Participant Analysis: Chi-Square Test and logistic regression test with $\alpha = 0,05$	One of the social support provided by nurses is in the form of emotional support which includes expressions of empathy, care, and attention given by nurses as treatment supervisors for TB patients. For example, a nurse feels the suffering of TB patients (in this case the nurse feels empathy). This support will make tuberculosis patients who are undergoing treatment feel comfortable, feel owned and loved when under stress, calm down, personal warmth, provide encouragement, and love.
(Carlsson et al., 2019) “Nurses’ Roles and Experiences with Enhancing Adherence to Tuberculosis Treatment among Patients in Burundi”	Design: descriptive design Sample: 8 nurse participant Analysis: Content analysis	Nurses play an important role for the success of Tuberculosis treatment. in this case the nurse plays a role in giving Educating patients, administering medication, communicating with patients, observing and following up on treatment on an ongoing basis are the nurses' primary duties to support adherence.
(Sukartini et al., 2019) “Knowledge, Family	Design: cross sectional Sample: 65 respondents	Nurses play a role in providing health information and

<p>And Social Support, Self Efficacy And Self-Care Behaviour In Pulmonary Tuberculosis Patients”</p>	<p>Analysis: Spearman’s rho test statistics</p>	<p>knowledge. Knowledge is an influential factor in the daily care of tuberculosis patients in undergoing treatment, because with good knowledge, patients will understand their physical condition and are expected to be able to carry out good self-care to maintain their health and understand their current condition.</p>
<p>(Neves et al., 2019) “Social support and quality of life of people with tuberculosis/HIV”</p>	<p>Design: Descriptive study Sample: 57 participant Analysis: Descriptive and inferential statistics</p>	<p>Professional nurses have a role to provide support to be able to increase the confidence of tuberculosis patients and adherence to treatment and reduce negative consequences such as negative perceptions that will make tuberculosis patients feel insecure and stressed, which will directly impact the quality of life and adherence to treatment in tuberculosis patients</p>
<p>(Munali, Kusnanto, Hanik Endang Nihayati, Hidayat Arifin, 2019) “The Correlation of Family Support and Health Worker Support with Medication Adherence of TB</p>	<p>Design: cross sectional study Sample: 50 Participant Analysis: descriptive analysis with Spearman rho test</p>	<p>The role of nurses as health workers is to provide support in the form of health information and provide emotional support that will help patients cope with stress. with the support provided by the nurse is expected to influence the patient's positive actions in undergoing treatment.</p>

Patients in Public Health Service Taman”		in addition, nurses also play a role in providing information and working with the patient's family in monitoring taking medication
(Matakanye et al., 2019) “Caring for Tuberculosis Patients: Understanding the Plight of Nurses at a Regional Hospital”	Design: Qualitative, exploratory, and descriptive Sample: 10 participants Analysis: Colaizzi’s method	Other impacts of contracting tuberculosis include the quality of nursing care, fear, anxiety, stress, and the risk of contracting infection, the nurse's perception of the patient, the support structures available in the hospital, and the need for support for nurses
(Musiimenta et al., 2020) “Mobile Health Technologies May Be Acceptable Tools for Providing Social Support to Tuberculosis Patients in Rural Uganda”	Design: parallel mixed-method study Sample: 34 participant Analysis: inductive content analysis	TB patients receive a variety of different forms of social support, including instrumental support, emotional support, and informational support via cell phone. Participants felt that the SMS notification could motivate treatment compliance by creating a sense of personal obligation to take medication regularly.

## DISCUSSION

Based on table 1 of the review journal, it is It was found that nurses played a role in social support for tuberculosis, namely in providing a sense of comfort, confidence, enthusiasm for treatment, and eliminating negative thoughts about tuberculosis. (Adu et al., 2020; Garfein and Doshi, 2019). Research conducted by (Arifin et al., 2019) found that nurses have a role including providing empathy, care, and attention given by nurses as treatment supervisors for tuberculosis patients. including expressions of empathy, care, and attention given by the nurse as treatment supervisor for tuberculosis patients . In

addition, according to research conducted in the Philippines social support and positive emotional perceptions, given by nurses to patients who are undergoing TB treatment can affect patient compliance in undergoing tuberculosis treatment (Baniqued et al., 2020). in addition nurse plays a role in giving Educating patients, administering medication, communicating with patients, observing and following up on treatment (Carlsson et al., 2019). According to research conducted in Uganda, the use of smartphones as a communication medium provides different social support, namely by providing emotional support, instrumental support, and information via smartphones, besides notifications on smartphones can provide motivation in treatment adherence by creating a sense of obligation to tuberculosis patients to drink. medicine regularly and on time (Musiimenta et al., 2020). In addition to providing support in the form of health information and providing emotional support that will help patients cope with stress, nurses also have a role in providing information and working with the patient's family to monitor taking medication (Munali, Kusnanto, Hanik Endang Nihayati, Hidayat Arifin, 2019).

### **Sosial Support**

There are five aspects of support included in the social support to tuberculosis patients, namely:

- a. Emotional support, this emotional support includes caring, empathy, and attention given by health workers, family, friends, and the community to tuberculosis sufferers (Adu et al., 2020).
- b. Award support, appreciation support in the form of expressions of respect for others, encouragement to move forward with positive ideas, and comparisons with other tuberculosis sufferers (Lima et al., 2019).
- c. Instrumental support, instrumental support in the form of incentive assistance such as: providing money loans to tuberculosis sufferers. This incentive assistance also includes health insurance provided by the government for tuberculosis sufferers (Ehrlich et al., 2020; Watthananukul et al., 2020).
- d. Information support, information support in the form of health information provided by health workers to tuberculosis patients. The role of health workers, especially nurses is very important in providing social support, in this case, is informative support because this is very important in improving the quality of life

of tuberculosis patients such as in providing advice and encouragement to carry out routine and regular treatment through therapeutic communication so that it can help patients adapt to stress, overcome psychological disorders, and learn how to relate to other people.(Fadare et al., 2020; Solikhah et al., 2019; Temoteo et al., 2019).

- e. Network support, network support, where tuberculosis patients become part of the tuberculosis treatment group to provide motivation and remind each other to carry out regular treatment, besides that, health workers regularly monitor patients who are undergoing tuberculosis treatment (Chen et al., 2020; Warsi et al., 2019).

## **CONCLUSION**

Nurses have a very important role in assisting tuberculosis patients when carrying out treatment, namely providing motivation, empathy, caring, and playing a role in providing health information to tuberculosis patients and their families so that they can jointly accompany treatment and supervise patients so that they take their medication on time regularly until the treatment is complete.