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RESILIENCE CONVEYED THE READINESS FOR ENHANCING SELF-HEALTH MANAGEMENT OF ACUTE ISCHEMIC STROKE PATIENTS IN THE ERA OF THE COVID-19 PANDEMIC: A CASE STUDY

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ABSTRACT

Introduction: Pandemic COVID-19 is a global disease affecting acute ischemic stroke patient's ability to survive adversity. Self-management is needed to determine the readiness of patients with ischemic stroke acute to recover from physical weakness during the pandemic COVID-19. **Objective:** To describe the case of resilience in conveying the readiness for enhancing of self-health management patient ischemic stroke acute during the pandemic COVID-19. **Method:** Clinical observation of an evaluation was about readiness to accept health management during the pandemic COVID-19 in patients with stroke ischemic acute. **Results:** This study shows that the important things to the readiness for health management are self-acceptance, family support, and self-exercise at home. The Interventions are focused on health education to self-exercise during the pandemic COVID-19 to recover due to limb weakness. **Conclusion:** Outcome criteria showed that there was an increasing exercise to reduce the risk factor, implement a self-care program, and perform life activities more effectively to fulfill health goal increase

INTRODUCTION

Stroke is one of the health problems that must be considered in particular. According to the World Stroke Organization, there are more than 13.7 million new strokes occur every three years (Feigin V.L et al, 2022). Stroke is also the number one cause of disability in the world. The percentage who experienced partial or complete paralysis

occurred around 56.5% and only 15% were able to fully recover from disability (Chuluunbaatar E et al, 2016). The incidence of stroke visits in hospitals during the Corona Virus Disease 2019 (COVID-19) pandemic has decreased and is inversely proportional to COVID-19 case (White TG et al, 2021).

The main cause of the decline in the incidence of stroke during the COVID-19

pandemic was the change in the function of several health services and the alleged concern about infection during hospital visits (Rodrigues A et al, 2021; Silva MT et al, 2020). The COVID-19 pandemic has a direct impact on health and greatly affects people's access to hospitals so that stroke patients do not receive standard rehabilitation care (Wang CC et al, 2020).

Based on several studies, patients with mild stroke symptoms tend to be reluctant to seek treatment due to the COVID-19 pandemic situation (Fraiman P et al., 2020; Fridman S et al., 2020; Khandelwal P et al., 2021; Srivastava P et al., 2021)

Patients experience excessive anxiety to come to the hospital while the obligation to routinely control their disease at the hospital must be carried out. The patients suspected fears of infection during visits to hospital (Rodrigues A et al, 2021; Silva MT et al, 2020). Patients tend to show negative emotions such as confusion, anger, anxiety, to depression which have an impact on the loss of meaning in life (Fanji K et al, 2022; Fuller-Thomson E & Jensen L, 2020).

The studies show that there are some stroke patients who are able to survive in the midst of the problems they suffer by focusing on self-management to achieve recovery, increasing spirituality

and having family and environmental support from health services (Haji Mukhti M et al, 2022; Hinwood M et al, 2022; Norvang O et al, 2022). The fighting power to return to its original condition and the ability to face challenges are expected to be able to achieve changes in the functional abilities of stroke patients (Love M et al, 2020).

The patient's ability to solve problems effectively, manage emotions and stress, feel optimistic and think positively in the midst of difficult situations and believe in one's own ability to deal with pressure will determine the patient's resilience (Liu Z et al, 2018). The patient's ability to manage their problem related health conveyed to the self-health management. The patients carry out independent therapy at home according to exercise techniques while rehabilitation at the hospital, such as muscle strength training and other physical therapy that can be done at home. Self-health management determine the effectiveness of the rehabilitation, especially among stroke survivor (Yan & Lin, 2022). Patient's whose experiencing positive hope, stated ready to solve the problem, able to choose the appropriate activity daily living related health, stated limited obstacle in health program, diminish of risk factor of stroke were the picturing the resilience (Tim Pokja SDKI DPP PPNI, 2017). Those

aspects conveyed the consequences in receiving the self-health management (Yan & Lin, 2022).

The study have shown that high resilience is associated with a better quality of life (Cal S et al, 2015). It showed that the good readiness of health management it also points to good resilience. The conceptual analysis model the resilience in stroke patients was acquired by Walker and Avant model (Yan & Lin, 2022). Based on previous research gaps and phenomena is a reference for researchers to explore more deeply through case studies of resilience conveyed the readiness for enhancing self-health management of acute ischemic stroke patients in the era of the COVID-19 pandemic.

METHODS AND MATERIALS

The method of this study that concern in depth clinical observation four patients were be selected. The observation of this study by presentation of the case and personal medical history of the patients. The sample criteria in this study were patients with acute ischemic stroke, age 50-60 years old according to the phenomenon of the incident of stroke at the hospital and there was no cognitive impairment.

Presentation of the case

The patients were admitted to the Outpatient Unit with the medical diagnoses ischemic stroke acute. The patients had different background.

Personal medical history

The patients had a problem of limb weakness due to stroke. Most of them had a problem about the leg who always feels tingling, so that their mobilization was not balance. Moreover, in pandemic COVID-19, the patients have already anxiety that there was rigorous screening process, so there were worried for them to go to hospital to do exercise program. The patients have a positive thinking during pandemic COVID-19. The one of the alternatives to help physic recovery by self-health management caused of limb weakness.

Nursing Assessment

The primary of the assessment in this case that the patients there were no cognitive disturbance by the NIHSS (National Institutes of Health Stroke Scale) with score <5 that's mean light scale, there was no verbal communication disturbance and by the score of Connors-Davidson Resilience Scale with the value range from the screening is indicated up to eighty is showed that high resilience (Vicky Chalos MD et al, 2020). The positive screening results become a reference to be carried out

more deeply in determining the exploration of experiences that the patients have gained and have gone through consideration of ability and clinical condition criteria of the Barthel Index (Donna J et al, 2012)

Care plan

The diagnosis and nursing activity in the care plan is according to the SDKI, SIKI. The indicators in the result according to SLKI (Tim Pokja SDKI DPP PPNI, 2017; Tim Pokja SLKI DPP PPNI, 2018). In the case, it can be seen that the nursing diagnosis was readiness for enhancing health-management. Nursing outcomes were: compliance and obedience, the control of risk and symptom management, and decisions about health care participation. The Nursing Intervention Classification agreed with them, support system of important or powerful person, personality, health education, advance directive, health system guide, teaching procedure and treatment, self-monitoring. Health education was chosen as the intervention.

The definition of physical exercise education such as muscle strength training, range of motion active or passive, walking exercise for body balance and other physical therapy that can be done at home was educated the regular physical activity in order to maintaining or to enhance the

fitness and health. The activities were identification of readiness and ability to receive the information about physical activity in stroke patients, provide the media and material of physical activities, scheduled the physical exercise education with an appointment, provide the chance for questioning, education (explain the benefit of exercise in health and physiology, explain the many model of exercise that appropriate with stroke and health condition, explain the duration, frequency and intensity of exercise program, teach the warming up and cooling down of exercise, teach how to avoid the injury during exercise, teach the breathing exercise to maximize the oxygen absorption during exercise.

RESULT AND DISCUSSION
table 1. the demographic data

No.	The patients	Age	Information
1.	Mr.S	60	Tingling in his leg with the muscle strength scale 1
2.	Mr.S	55	Tingling in his arm and leg with the muscle strength scale 1
3.	Mrs. E	67	Limb weakness on the muscle strength scale 0
4.	Mrs. R	55	Limb weakness on the muscle strength scale 0

The diagnosis of the readiness increasing health management by the behavior category and the subcategory of education is based on identifying the

specific symptoms of expression of wellness to manage health problem and its prevention. the patients show by the sign and symptoms that the patient have already of choices of program in their daily life.

The assessment on case presentation relay that patient state the opportunity in hope and social support. Previous review reveals the factors of comprising resilience is a combination of wish, sense of well-being, environmental mastery, coping strategies, social assistance, and cultural distinctiveness. Using this multidimensional approach, the authors found that resilience slightly mediated the effects of adversity on health. This means that psychosocial aspects of resilience are also important when considering biological aspects. The role of optimism as a component of resilience in stress regulation (Krause, 2020).

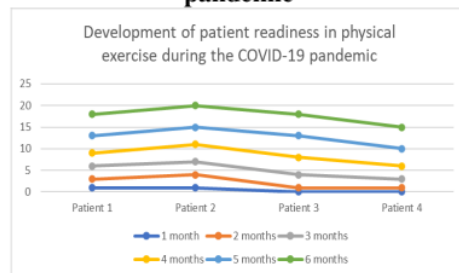
Resilience has a complex nature. Stroke patients will be able to face difficulties when they have a sense of inner optimism, a positive attitude and the ability to solve problems. Family and social support is also very helpful for stroke patients in restoring harmony between physical and mental health. Efforts to develop steps to provide effective interventions are to identify the key factors that affect resilience in stroke patients (Yan & Lin, 2022). Good adaptability is one of the consequences of developing

resilience. Studies state that several healthy strategies in stroke patient by the positive coping and towards good adaptation, including: (1) Personal guidance: active cooperation with rehabilitation. Action: increase self-care capacity through physical activity, (2) psychological adaptation: change disease perspectives, demonstrate independence and lighten the burden through family and social support, including important human resources and the health environment; the patient is willing to cooperate in various rehabilitation activities and actively uses free time outside rehabilitation to practice walking in his area as a positive coping strategy. 3) Personal growth: achieving growth in the face of adversity, positive thinking, adopting an optimistic attitude and facing challenges; and (4) Maintain hope for the future by setting goals and creating meaning and value in life (Yan & Lin, 2022).

In this case, the patients have found different things as a form of fighting power to achieve positive resilience by involving self-confidence in God. The patients were able to manage it well without losing self-control. Self-acceptance with gratitude, optimism, high spirits, hope to recover from a stroke, by trying to improve the recovery process even though there are limits to visits to hospitals during the COVID-19 pandemic, namely with

independent alternative therapies, such as walking, cycling, warm compresses, acupuncture. Sources of self-strength to family and environmental support, both material and non-material make a level of achieving resilience.

Picture 1. Graphic of development of the patient's readiness in physical exercise during the COVID-19 pandemic



The Indicators In 20 Self-Management Are Having Knowledge About Disease Conditions Collaborating With Health Workers, Monitoring And Overcoming Disease Symptoms, Managing The Impact Of Disease On Physical, Social And Emotional, Having A Healthy Lifestyle Can Improve Health (New South Wales Health, 2008; Rodrigues A Et Al, 2021)

CONCLUSION

Self-management needs to be given to patient's ischemic stroke acute until rehabilitation. Nurses must pay attention to the patient's knowledge about the stroke, the patient's feelings, the patient's role in decision making, the patient's ability to

cooperate with health care professionals, the patient's ability to manage the signs and symptoms of the disease, and the patient ability to perform daily activities especially during the COVID-19 pandemic, to promote recovery and can be developed to achieve an optimal quality of life by integrating the needs of stroke services. Suggestions for acute ischemic stroke patients to always improve their readiness during Pandemic Covid-19 in restoring their physical health by always routinely doing physical therapy at home, such as mobilization exercises, active and passive range of motion, and no exception the need for optimal family and environmental support in order to support acute ischemic stroke patients able to resilience well.

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