

THE ROLE OF NURSES IN IMPROVING SELF-MANAGEMENT AMONG PATIENTS WITH CHRONIC CONDITIONS: A LITERATURE REVIEW

Chaterine Diana Pusung

Sekolah Tinggi Ilmu Kesehatan Bethesda Tomohon, Tomohon, Sulawesi Utara
chaterinediana04@gmail.com

Esther Tiarma Hutagaol

Sekolah Tinggi Ilmu Kesehatan Bethesda Tomohon, Tomohon, Sulawesi Utara
tiarmaesther@gmail.com

Intan Novita Kowaas

BPJS Kesehatan Kantor Cabang Tondano, Tondano, Sulawesi Utara
intankowaas@yahoo.com

Andro Ruben Runtu

Sekolah Tinggi Ilmu Kesehatan Bethesda Tomohon, Tomohon, Sulawesi Utara
androruntu21@gmail.com

Abstract

Chronic conditions require ongoing self-management by patients. Nurses are in a strategic position to enhance self-management capacity through structured, evidence-based interventions. The aim of this study was to examine the role of nurses in enhancing self-management among patients with chronic conditions through a literature review. The method used was a literature review. The results of the study indicate that two main dimensions of the nurse's role were identified: (1) as an educator and facilitator of behavioural change through personalised education, motivational interviewing, goal-setting and action planning; (2) as a coordinator and monitor of continuous care through transitional care, clinical monitoring, referral coordination, medication reconciliation and individualised care plans. Nursing interventions significantly improved self-efficacy, medication adherence, clinical control and quality of life, whilst reducing readmissions and A&E visits. In conclusion, nurses play a critical dual role in enhancing the self-management of patients with chronic conditions. Comprehensive, evidence-based nursing interventions yield better clinical outcomes. Investment is required in nursing education, standard protocols and policy reform to optimise this contribution.

Keywords: nurses; self-management; chronic diseases; patient education; care coordination; literature review.

Introduction

Chronic non-communicable diseases such as type 2 diabetes mellitus, hypertension, coronary heart disease, heart failure, chronic obstructive pulmonary disease (COPD) and chronic kidney disease have become the leading causes of morbidity and mortality worldwide, including in Indonesia. Data from the Global Burden of Disease study indicate that chronic diseases account for more than 70 per cent of global deaths each year, with this trend continuing to rise in line with demographic changes, urbanisation and unhealthy