

ABSTRACT

Background: Triple burden diseases have caused a shift in disease epidemiology in Indonesia, including the increasing cases of hypertension as a chronic non-communicable disease. Hypertension is the fourth leading cause of death in Indonesia, including in Jambi Province. Based on data from the Jambi City Health Office in 2023, Puskesmas Simpang IV Sipin occupied the highest position with 6,673 hypertension cases, but occupied the fifth lowest position in the Controlled Prolanis Participant Ratio (RPPT). Therefore, this study aims to evaluate the implementation of the Chronic Disease Management Program (Prolanis) in hypertensive patients at Puskesmas Simpang IV Sipin, Jambi City.

Methods: This study used a qualitative approach with a case study method. Informants consisted of Prolanis managers, head of the health center, doctors, and hypertension patients. Data were collected through in-depth interviews, observation, and document review, then analyzed using NVivo software.

Results: The results showed that the quantity of human resources was adequate, but there was no special training from BPJS. Infrastructure facilities and funds are sufficient. Planning has obstacles in adjusting BPJS regulations, targets, and activity achievements. The implementation of the program is going well but the socialization of Prolanis is still less specific. Health checks are carried out regularly and completely. Follow-up has been carried out even though it has not reached the target due to age and patient complications.

Conclusion: The implementation of Prolanis has been running quite well but not yet optimal. There are obstacles in adjusting BPJS regulations, targets, and activity achievements, so that the Prolanis achievement results have not reached the target. This evaluation can be the basis for improvement to increase the effectiveness of hypertension management through Prolanis.

Keywords: Program Evaluation, Hypertension, Chronic Disease, Prolanis, Puskesmas

ABSTRAK

Latar Belakang: Triple burden diseases menyebabkan pergeseran epidemiologi penyakit di Indonesia, termasuk meningkatnya kasus hipertensi sebagai penyakit kronis tidak menular. Hipertensi menjadi penyebab kematian keempat tertinggi di Indonesia, termasuk di Provinsi Jambi. Berdasarkan data Dinas Kesehatan Kota Jambi tahun 2023, Puskesmas Simpang IV Sipin menempati posisi tertinggi dengan 6.673 kasus hipertensi, namun menempati posisi kelima terendah dalam Rasio Peserta Prolanis Terkendali (RPPT). Untuk itu, penelitian ini bertujuan mengevaluasi Program Pengelolaan Penyakit Kronis (Prolanis) pada pasien hipertensi di Puskesmas Simpang IV Sipin Kota Jambi.

Metode: Penelitian ini menggunakan pendekatan kualitatif dengan metode studi kasus. Informan terdiri dari pengelola Prolanis, kepala puskesmas, dokter, dan pasien hipertensi. Data dikumpulkan melalui wawancara mendalam, observasi, dan telaah dokumen, lalu dianalisis menggunakan software NVivo.

Hasil: Hasil penelitian menunjukkan bahwa secara kuantitas SDM memadai, namun tidak ada pelatihan khusus dari BPJS. Sarana prasarana dan dana mencukupi. Perencanaan memiliki hambatan pada penyesuaian regulasi BPJS, target, dan capaian kegiatan. Pelaksanaan program berjalan baik namun sosialisasi Prolanis masih kurang spesifik. Pemeriksaan kesehatan dilakukan rutin dan lengkap. Tindak lanjut telah dilaksanakan meski belum mencapai target karena faktor usia dan komplikasi pasien.

Kesimpulan: Pelaksanaan Prolanis sudah berjalan cukup baik namun belum optimal. Terdapat hambatan pada penyesuaian regulasi BPJS, target, dan capaian kegiatan, sehingga hasil capaian Prolanis belum mencapai target. Evaluasi ini dapat menjadi dasar perbaikan untuk meningkatkan efektivitas pengelolaan hipertensi melalui Prolanis.

Kata Kunci: Evaluasi Program, Hipertensi, Penyakit Kronis, Prolanis, Puskesmas