

CHAPTER III

CASE STUDY METHODOLOGY

3.1 Case Study Method

This study used a case study approach within a descriptive design framework to obtain an overview of the provision of geriatric nursing care for elderly people with sleep pattern disorders. Nursing care was provided systematically through several stages: data collection, establishing a nursing diagnosis, developing interventions, implementing actions, and evaluating the results.

3.2 Location and Time of Case Study

This case study was conducted at the client's home on Jalan Danau Paniai III, RT 01 RW 10, Kedungkandang District, Malang City, East Java. The study is scheduled for April 27–May 9, 2026.

3.3 Case Study Subject

The participant who was the subject in this case study was Mrs. Y, an elderly person with hypertension who was registered in the service area of the Gribig Community Health Center, Malang City.

The study was conducted on one case with a nursing diagnosis of sleep pattern disturbance. The nursing care process lasted for at least two weeks, with home visits conducted three times a week. Each intervention took approximately 30 minutes.

3.4 Case Study Results Criteria

The outcome criteria in this case study refer to nursing outcomes established by the Indonesian Nursing Outcome Standards (SLKI) for the nursing diagnosis of Sleep Disorders. The success of the elderly fitness exercise program was evaluated through changes in the patient's condition after the intervention, as indicated by a decrease in various complaints related to sleep disorders.

A key indicator of successful nursing care is positive changes in the patient's sleep patterns. These changes include a decrease in complaints related to difficulty sleeping, a reduction in sleep disturbances that cause frequent awakenings, increased satisfaction with sleep quality, and a meeting of rest needs. Improved sleep quality is then confirmed through evaluation using the PSQI instrument.

3.5 Data collection

Data collection in this case study was conducted comprehensively to obtain accurate information regarding the patient's condition and support the establishment of a nursing diagnosis. Data collection methods used included interviews, observation and physical examination, and documentation studies.

3.5.1 Interview

Interviews were conducted through direct history taking with the patient and family using a geriatric nursing assessment format. Data collected included patient identity, chief complaint, history of present illness, past illness, family history, medication history, daily activity patterns, rest and sleep

patterns, nutritional patterns, elimination patterns, and psychosocial aspects related to sleep disturbances. Data were obtained from the patient as the primary source and the family as a supporting source.

3.5.2 Observation and Physical Examination

Observations are conducted to identify the patient's general condition, behavior, responses during assessment, and signs associated with sleep disturbances. A physical examination is conducted to supplement interview data using inspection, palpation, percussion, and auscultation techniques. The examination includes an assessment of vital signs, general physical condition, simple neurological status, and health conditions that may affect the patient's sleep quality and patterns.

3.5.3 Documentation Study

The documentation study was conducted through a review of patient health documents, including medical diagnoses, medical history, current pharmacological therapies. This data was used to support the assessment results and evaluate changes in patient condition following the elderly fitness exercise intervention.

3.6 Data analysis

Data analysis was conducted using a nursing process approach as a research framework. Various information obtained from assessments, such as interviews, observations, physical examinations, health documentation, and sleep quality measurements using the PSQI, was systematically compiled and interpreted. The results of this analysis were used as a basis for identifying nursing problems encountered by clients.

The first stage involves grouping the subjective and objective data obtained during the assessment. The data is then analyzed and compared with the Indonesian Nursing Diagnosis Standards (SDKI) to determine an appropriate nursing diagnosis. In this case study, the nursing diagnosis established is sleep pattern disturbance.

After the nursing diagnosis is determined, the researcher determines the nursing outcomes based on the Indonesian Nursing Outcome Standards (SLKI), namely sleep status with indicators of decreased complaints of difficulty sleeping, decreased complaints of frequent waking, decreased complaints of dissatisfaction with sleep, decreased complaints of changing sleep patterns, decreased complaints of insufficient rest, and increased sleep quality as measured using the PSQI.

The next step is to develop nursing interventions based on the Indonesian Nursing Intervention Standards (SIKI), including sleep support and activity and rest education integrated with elderly fitness exercises. Implementation will be carried out three times a week for two weeks, according to the established action plan.

Evaluation is conducted continuously at each meeting using the SOAP (Subjective, Objective, Assessment, Plan) format to assess the client's progress. The success of the intervention is determined based on the achievement of nursing outcome indicators and changes in the Pittsburgh Sleep Quality Index (PSQI) score before and after the implementation of the elderly fitness exercise program.