

CHAPTER 3

SCIENTIFIC WORK METHODS

3.1. Case Study Design

The writing style used in this Final Nursing Scientific Paper is a descriptive case study with a family nursing care approach. This case study examines the application of the Family Self-Management Plan (FSMP) to a family experiencing ineffective family health management in addressing hypertension. The approach used is the family nursing process, which includes assessment, nursing diagnosis, planning, implementation, and evaluation.

3.2. Location and Time

This case study was conducted on families and clients with hypertension in the Gribig Community Health Center (Puskesmas) area in Malang City. The study took place from June 2–13, 2026, with a total of four visits.

3.3. Subject

The subjects in this case study were a family with a member diagnosed with hypertension and experiencing ineffective family health management nursing issues. The family was selected based on assessment results that indicated an inability to manage hypertension health issues, such as a lack of knowledge about hypertension, non-adherence to treatment programs, suboptimal blood pressure monitoring, and suboptimal utilization of health care facilities.

1) Inclusion Criteria

Inclusion criteria are the general characteristics of research subjects from a population or target that will be reached and studied (Nursalam, 2016)

- a. Families who are willing to be respondents
- b. Families who have family members with a medical diagnosis of hypertension
- c. Families living in the same house as someone with hypertension
- d. Families who are willing to undergo home visits and regular evaluations

2) Exclusion Criteria

Exclusion criteria involve removing or excluding subjects who meet the inclusion criteria from a study for various reasons (Nursalam, 2016). The following are the exclusion criteria for this study:

- 1) Families experiencing an emergency or health crisis requiring immediate attention during the case study period.

3.4. Outcome Criteria

Outcome criteria are the conditions or changes expected to occur in the client or family after receiving nursing care. Outcome criteria serve as benchmarks for assessing the success of nursing interventions (SPP PPNI SLKI SPP Working Group Team, 2019). After implementing the Family Self-Management Plan (FSMP) for four visits, it is expected that family health management will improve, with the following outcome criteria:

- 1) The ability to explain health problems experienced increases
- 2) Family activities address health problems appropriately
- 3) Actions to reduce risk factors increase
- 4) Verbalization of difficulty performing prescribed care decreased
- 5) Symptoms of family member's illness are hereditary

3.5. Data collection

This sub-chapter explains the data collection methods used:

1) Interview

Interviews were used as a data collection method to obtain information regarding the family's health status and their ability to manage hypertension. Information obtained included family identity and structure, current complaints, family history of hypertension, family health history, level of knowledge about hypertension, adherence to treatment, dietary patterns, daily activities, blood pressure monitoring habits, utilization of health services, and the family's ability to carry out family health tasks. Data sources were obtained from family members with hypertension and family members who acted as decision-makers or primary caregivers.

2) Observation

Observations were conducted to assess the home environment, family health behaviors, family member involvement in hypertension care, and implementation of the Family Self-Management Plan (FSMP). Physical examinations were conducted on family members with

hypertension, including vital signs, particularly blood pressure, pulse, respiration, body temperature, weight, and height. A physical examination tailored to the patient's condition was conducted to supplement the interview data.

3) Documentation

A documentation study was conducted by reviewing data relevant to the health conditions of family members with hypertension. Data were obtained from family health records, medical cards, blood pressure readings, medical records, laboratory test results, if available, and other documents supporting the assessment process, establishing a nursing diagnosis, implementing interventions, and evaluating the Family Self-Management Plan (FSMP).

3.6. Data analysis

Data analysis was conducted by comparing the family's condition before and after the Family Self-Management Plan (FSMP) nursing intervention. The success of the intervention was evaluated based on the achievement of established outcome criteria for Family Health Management nursing outcomes. Data collected through interviews, observations, physical examinations, and documentation studies were then analyzed using descriptive methods to evaluate the development of the family's abilities from one visit to the next (Asri, 2024).

To measure the level of success of nursing interventions provided by using expectations which are divided into (Asri, 2024):

- 1) Increase describes an increase in the size, quantity, level, or degree of a condition.
- 2) Decrease indicates a decrease or reduction in the size, quantity, level, or degree of a condition.
- 3) Improvement indicates a change towards something more optimal, effective and adequate compared to previous conditions.

The success of the intervention was determined by improving scores on outcome indicators, including the family's ability to recognize health problems, make family health decisions, care for sick family members, modify the environment, and utilize health care facilities. The higher the score, the better the family's ability to manage hypertension after implementing the Family Self-Management Plan (FSMP).