CHAPTER III
CASE STUDY METHOD

3.1 Research Design

The approach used in this paper is a descriptive method with a case study design. This research applies the nursing care process, which includes data collection through assessment, establishing a nursing diagnosis, developing an action plan, implementing interventions, and evaluating families with members experiencing osteoarthritis.

3.2 Location and Time of Research

This case study was conducted by visiting the client's home in RT 02 RW 02, Lesanpuro Village, Malang City. Case collection took place from June 22 to June 25 2026.

3.3 Research Subjects

The subjects used in the case study were a family with one family member experiencing osteoarthritis of the genu (Mrs. K).

3.4 Data collection

1. Data collection technique

The techniques used in data collection are:

a. Interview

Interviews were conducted with clients and family members as a method of collecting subjective data. The data reviewed included identity.family history, family health history, complaints arising from

OA genu, and the family's level of knowledge about the disease. In addition, an assessment is conducted on the family's ability to recognize health problems, make decisions regarding treatment, care for the ill family member, utilize available health services, and provide support in carrying out strengthening exercises. The assessment also includes the client's level of pain, limitations in performing daily activities, and various obstacles experienced by the family during the process of caring for a family member with OA genu.

b. Physical Examination and Observation

Observation is the activity of observing the behavior and condition of clients to obtain data regarding the health and nursing problems they are experiencing.The observation process is carried out by utilizing the senses of sight, hearing, and through physical contact such as feeling and touch (Notoatmodjo, 2018).

Aspects observed during the observation included the client's general condition, mobility ability, gait patterns, activity limitations due to OA genu, home environment conditions, family involvement in the client's care, and the client and family's ability to perform strengthening exercises according to the procedures taught. Observations were also made of the client's response during the exercises and any changes in functional ability that occurred.

c. Documentation Study

Documentation study is a data collection method derived from secondary data. Secondary data is obtained from various documents related to the client's health condition, such as medical records, health books, health examination results, visit reports, and data provided by the Gribig Community Health Center.The data is used to support the assessment and implementation process of nursing care.

2. Data Collection Instruments

a. Strengthening Exercise SOP

Soup*Strengthening Exercise*used as a guide or reference in providing interventions to clients.

b. WOMAC OA Index

The purpose of the WOMAC is to measure the severity of symptoms and their impact on a patient's functional abilities. The results are used to assess the effectiveness of family health management in identifying health problems, making decisions, caring for sick family members, and supporting the implementation of therapy and independent care at home.