

**PENERAPAN *EVIDENCE BASED NURSING* EDUKASI  
*DISCHARGE PLANNING* MODEL LIMA DALAM  
MENINGKATKAN PENGETAHUAN PERAWAT  
DI RSPAD GATOT SOEBROTO  
JAKARTA**

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**Abstrak**

Kegagalan dalam *discharge planning* dapat menyebabkan kurangnya pengetahuan pasien dan keluarga terkait dengan masalah kesehatan yang terjadi, hal ini tentu berdampak pada memburuknya kondisi pasien dan meningkatkan risiko rehospitalisasi. Namun, masih banyak perawat yang belum memberikan *discharge planning* dengan optimal yang diakibatkan oleh kurangnya pengetahuan perawat tentang *discharge planning*. Tujuan diadakan edukasi penyuluhan untuk meningkatkan pengetahuan perawat. Penerapan *Evidence Based Nursing* ini dilakukan ke 14 perawat di Paviliun Soehardo Kertokusodo RSPAD Gatot Soebroto. Hasil dari *pretest* yaitu skor pengetahuan perawat sebesar 68% dengan nilai rata-rata 9,87. Sedangkan hasil *posttest* yaitu skor pengetahuan perawat sebesar 79% dengan nilai rata-rata 11,87. Terdapat peningkatan rata-rata skor sebanyak 2 dan peningkatan skor *pretest* ke *posttest* sebanyak 11%. Uji statistik yang telah dilakukan didapatkan hasil *p value* 0,009 yang menandakan adanya perubahan yang signifikan pada pengetahuan perawat di Paviliun Soehardo RSPAD Gatot Soebroto sebelum dan sesudah diberikan edukasi mengenai *discharge planning* model LIMA. Edukasi *discharge planning* penting untuk dilakukan untuk meningkatkan pengetahuan serta motivasi perawat untuk melakukan *discharge planning* secara optimal.

**Kata Kunci:** *Discharge planning* Model LIMA, Kesiapan Pulang Pasien, Edukasi Intervensi

**APPLICATION OF EVIDENCE BASED NURSING DISCHARGE  
PLANNING MODEL LIMA IN IMPROVING NURSES  
KNOWLEDGE AT RSPAD GATOT SOEBROTO  
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**Abstract**

*Failure in discharge planning can lead to a lack of knowledge of patients and families related to health problems that occur, this certainly has an impact on worsening the patient's condition and increasing the risk of rehospitalization. However, there are still many nurses who have not provided optimal discharge planning due to a lack of knowledge about discharge planning. Therefore, it is necessary to hold counseling education to increase nurses' knowledge. The application of evidence-based nursing was carried out to 14 nurses at the Soehardo Kertokusodo Pavilion, Gatot Soebroto Army Hospital. The results of the pretest were the nurse's knowledge score of 68% with an average score of 9.87. While the posttest results are the nurse's knowledge score of 79% with an average value of 11.87. There was an increase in the average score of 2 and an increase in the pretest to posttest score of 11%. The results of statistical tests that have been carried out obtained a p value of 0.009 which indicates a significant change in the knowledge of nurses in the Soehardo pavilion of Gatot Soebroto Army Hospital before and after being given education about the LIMA model discharge planning. Discharge planning education is important to do to increase nurses' knowledge and motivation to carry out discharge planning optimally.*

**Keyword:** *Discharge planning Model LIMA, Patient Discharge Readiness, Educational Intervention*