

## ABSTRAK

**Latar belakang:** Stroke merupakan salah satu penyebab kematian dan disabilitas global, terutama di negara dengan pendapatan menengah ke bawah. Pasien pasca stroke memerlukan perawatan yang serius selama rehabilitasi di rumah. Peran *family caregiver* sangat penting dalam memberikan motivasi dan dukungan untuk proses rehabilitasi ini.

**Tujuan:** mengembangkan model dan modul edukasi *family caregiver* untuk merawat pasien stroke dalam mencegah terjadinya stroke berulang.

**Metode:** Penelitian *RnD* menggunakan pendekatan *Grounded theory*. Penelitian melibatkan 16 pasien stroke, 10 *family caregiver*, dan 7 tenaga medis yaitu 3 dokter spesialis saraf, 1 dokter spesialis penyakit dalam, 1 dokter spesialis rehabilitasi medik, 1 dokter spesialis gizi klinik dan 1 dokter spesialis jiwa). Penelitian dilakukan dengan dua tahap (tahap analisis kebutuhan *family caregiver* dan pengembangan model dan modul edukasi).

**Hasil:** Pada tahap analisis kebutuhan *family caregiver* dihasilkan faktor risiko yang menyebabkan terjadinya stroke, beberapa kebutuhan pada pasien saat dirumah, dan kebutuhan kompetensi *family caregiver* dalam merawat pasien stroke dirumah. Selain itu, hasil tersebut diperkuat dengan hasil observasi dan literature review untuk mengembangkan model dan membuat modul. Selanjutnya pada tahapan pengembangan model dan modul yang sudah dibuat diuji validitasnya dengan menilai isi modul, gambar, metode, dan struktur yang dilakukan pada *user* dan tenaga ahli. Selanjutnya, modul di uji penguasaanya kepada *family caregiver* yang menghasilkan modul sudah sesuai dengan kebutuhan *family caregiver*.

**Kesimpulan:** Hasil Pengembangan Model dan modul edukasi *family caregiver* sudah sesuai dengan kebutuhan pasien stroke dan *family caregiver*. Hasil uji penguasaan terbatas terhadap modul yang diberikan kepada *family caregiver* menunjukkan peningkatan motivasi dan kompetensi dalam merawat pasien stroke.

**Kata Kunci:** Stroke Berulang, Model Edukasi, *Family Caregiver*

## ABSTRACT

**Background:** Stroke is one of the leading causes of global mortality and disability, particularly in low- to middle-income countries. Post-stroke patients require serious care during home rehabilitation. The role of family caregivers is crucial in providing motivation and support throughout this rehabilitation process.

**Objective:** To develop an educational model and module for family caregivers to assist in stroke patient care and prevent recurrent stroke.

**Methods:** This research and development (R&D) study employed a grounded theory approach. The study involved 16 stroke patients, 10 family caregivers, and 7 medical professionals (including 3 neurologists, 1 internist, 1 rehabilitation specialist, 1 clinical nutritionist, and 1 psychiatrist). The research was conducted in two phases: (1) needs assessment of family caregivers and (2) model and educational module development.

**Results:** The needs assessment phase identified risk factors contributing to stroke, key patient needs at home, and essential competencies required by family caregivers in stroke patient care. These findings were reinforced through observational data and literature review to develop the model and module. Subsequently, the model and module underwent validity testing, evaluating content, visuals, methodology, and structure with input from end-users and experts. A limited proficiency test was then conducted with family caregivers, confirming that the module aligned with their needs.

**Conclusion:** The developed educational model and module for family caregivers effectively address the needs of both stroke patients and their caregivers. The limited proficiency test demonstrated improved motivation and competency among family caregivers in managing stroke patients.

Keywords: Recurrent Stroke, Educational Model, Family Caregiver