



DEVELOPMENT OF GUIDANCE AND COUNSELING METHODS IN IMPROVING SELF-MANAGEMENT OF EPILEPSY

Sandi Alfa Wiga Arsa¹, Denok Panglipuring Sulistya²

Ners Education Study Program, Health Science Institute of Patria Husada Blitar, Indonesia

Email: sandialfa.alfa6@gmail.com



Introduction

People with epilepsy have a higher risk of death, increased risk ranges from 1.6 to 4.1 times higher than ordinary residents and often related to the basic causes of seizures, epileptic status, suicide, trauma and unexpected death in epilepsy (SUDEP): Sudden Unexpected Death) (Patricia O. Shafer, RN, 2014). Knowing the triggers of seizures and taking steps to manage the disease is very helpful in reducing the occurrence of SUDEP, but evidence shows that people with epilepsy do not receive enough educational support and health services, epilepsy sufferers need to have an understanding of their disease to improve their ability to develop and maintain self-skills management (Cole & Gaspar, 2015). Specifically relating to epilepsy Dilorio et al., (2009) define "self-management as an adaptive behavior used by epilepsy people to control their seizures".

Objective

The purpose of this study was to determine the effect of guidance and counseling methods on improving self-management of epilepsy patients in the Neurology Clinic of Kanjuruhan Regional Hospital

Methods

The design used in this research is pre-experimental with a one-group pre-post village design approach (pre-post test design in one group). Measurements were made before and after the educational intervention guidance and counseling method in the experimental group. The population in this study were adult epilepsy patients with a total of 44 people. Sample criteria were divided into 2 groups (treatment and control), Purposive sampling is used in this study with the size of the sample taken from the population following the inclusion criteria set a sample of 40 respondents. The types of instruments used in this study : Self-management booklet with guidance and counseling methods for epilepsy and Epilepsy Self-Management Scale (ESMS) (Dilorio, Bamps, Walker, & Escoffery, 2011).

Results & Discussion

Self-managem ent	Mean	Median	SD	Min/max
Pre	121	123	15,45	94-148
Post	172	178	12,05	136-184
Wilcoxon signed rank test p-value = 0,000				



The analysis results obtained p-value $< \alpha$ (0,000 $<$ 0.05). Based on the results of statistical analysis, it can be concluded that there are significant differences in self-management between before and after being given health education guidance and counseling methods in patients. Based on the results of scores before and after health education that the scores increase, thus it is very important to provide adequate and intensive information through guidance and counseling methods to improve self-management of epilepsy sufferers. Super, (1955) states that individual Guidance and Counseling is directed at the formation of perception to see themselves and the environment through a positive perspective accompanied by self-acceptance. Guidance and counseling as a meaningful process that cannot be done for a moment. Guidance and counseling are not only done once in a meeting to help clients who have quite severe and complex problems. Guidance and counseling can be held several times on an ongoing basis. Guidance and counseling as a specific relationship mean the relationship between counselor and client is an important element in counseling, the relationship that counselors build during the guidance and counseling process can lead to counseling success. In the guidance and counseling program, the patient is expected to be able to express a variety of complaints and obstacles in the implementation of self-management so that patients can behave adaptively to control their seizures.

Conclusions

From the results of the study, there are differences in self-management of epilepsy patients before and after health education using the Guidance And Counseling method. It is important to assist in providing health education in improving self-management of epilepsy patients so that these patients can be independent and have a good quality of life.

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