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HOME HEALTH NURSING (HHN) AS THE ALTERNATIVE METHOD TO REDUCE PASUNG CASES IN INDONESIA: A LITERATURE REVIEW

Ratna Suryani Gandana, Auliana Shani Ahsha, Marisa Diah Lestari

Faculty of Nursing, University of Indonesia, Depok, Indonesia

Corresponding author's email: ratnasgandana@gmail.com

Background: *Pasung* intervention is done by binding the feet of the client onto wood or with chain, constricting them from moving freely. They are jailed in a dark room afterwards and will remain in that room for the remainder of their life. This intervention is not good because it is against human rights and not based on psychiatric diagnoses; in other words, the client might not have mental illness but they are jailed regardless. **Objective:** To determine a good method to educate the society, prevent this action from recurring in the future, care for and rehabilitate the ones who really have mental illness, and advocate them to the government in order to reduce *Pasung* cases. **Method:** We searched for literatures about *pasung*, hospitalization, HHN, and its implementation on giving the intervention for mental illness clients and their family. After that, we analysed more than 20 literatures to assessed the result. **Results:** From the literature review, we found that both hospitalization and HHN have strengths and weaknesses for mental illness client treatment. **Conclusion:** HHN is better than hospitalization to treat mental illness client. By implementing HHN, we can deliver a holistic care approach: promotive, preventive, curative, and rehabilitative for mental illness clients, families, and the society in general. Moreover, HHN enable nurses to advocate client's needs to the government in order to reduce *pasung* cases in Indonesia.

Keywords: Home Health Nursing, Hospitalization, Human Right, Mental Illness, *Pasung*

1. INTRODUCTION

Mental illness is a maladaptive response of human from the internal and external environment (Towsend, 2008). Just like clients subjected to physical ailment(s), mental illness clients have a right to get humane treatment from health care professional in order to maintain their own human rights.

But, the case is different when it comes to what's happening in Indonesia. Most Indonesian citizens believe that mental illness is a supernatural incident, that's why they prefer to bring them to paranormals in lieu of the hospital (Tyas, 2008; Keliat, et al., 2012). It voids them of being indulged with the appropriate treatment making their condition worse ergo endangering their own and their surroundings' wellbeing. Therefore, desperate families embark on employing the last "alternative treatment" that is not humane which is by doing *pasung*.

It is estimated that there are 18,000 *pasung* cases in Indonesia (Keliat, 2013). Most of them are diagnosed with psychosis and severe mental illness. The ministry of health of Republic Indonesia stated that 14.3% from 1,665 households execute *pasung* to those who have severe mental illness. Most of *pasung* cases happened in poor rural households (Kemenkes, 2013).

Pasung intervention is done by binding the feet of the client onto wood or with chain, after that they are jailed in a dark and unmaintained room (Tyas, 2008). People treat them like animals in the sense that they make them eat and drink from the iron trellis, prohibiting them from taking a bath, forcing them to excrete their excrements without proper plumbing, and restricting communication with other family members. The duration of a pasung intervention is different for every household, if the client's family or the government does not interfere, then the client will be there forever.

There are several reasons why families decide to do pasung intervention. First, safety reasons, it is because several clients are inclined to commit suicide or injure other people (Minas & Diatri, 2008). Second, society's stigma about client's condition that creates discrimination, neglect, and prejudice towards client (Lestari & Wardhani, 2014). Third, the socio-economic condition of the family makes them unable to treat the client in a hospital (Puteh, et al., 2011). Fourth, bad access to the health care facilities which are not equitable distributed (Minas & Diatri, 2008).

We can't leave this case unsolved, because it is a serious human rights violation. Clients who are being pasung can't move freely, because their movements are limited. This constriction has defiled a number of human rights that is stated in UUD 1945, which are the right to be free, the right to get equal health care treatment, the right to be free from discriminative action, and the right to do socialize.

Hence, we need an alternative method to maintain human rights unlike the likes of pasung which has stripped some from many. That method must be able to decrease pasung cases that is happening in Indonesia but inclusive of promotive, preventive, curative, rehabilitative, and advocative aspects. One of them is to employ Home Health Nursing (HHN).

2. RESEARCH METHODOLOGY

This research was done by literature review from many resources. We divide this literature review into three main parts. First, literature searching, we searched for more than 20 literatures about *pasung* cases, hospitalization, HHN, and its implementation on giving the intervention to mental illness clients and their family. Database searched included, EBSCOhost, Springer, ProQuest, dissertation manuscripts, books, and Google Scholar. Second, we read the papers that met the inclusion criteria about hospitalization and HHN method for mental illness client. Third, we assessed the papers to find the definition and concepts, an overview of theories and evidence, and the analysis of the nursing intervention in HHN and hospitalization for mental illness client, and *pasung* cases.

3. RESULTS

In Indonesia, the awareness of mental health is extremely low so treatments regarding such illnesses are profoundly rudimentary and in some cases somewhat unscientific. The study stated that as many as 46% of mental illness clients was brought to a paranormal as oppose to a medical professional so they did not receive proper treatments (Keliat, et al., 2012). This condition causes the phenomena where people are admitted to health care facilities only after they exhibit chronic symptoms. Therefore, the hospitalization of mental illness clients increases each year.

The hospitalization of mental illness client has some advantages, such as mental illness client will be easier to be monitored by a health care professional and also the diagnosis would be more effective because it is done by psychologists. Mental illness client will also get a full treatment, from psychotherapy to medication, to improve their mental health quality (AHA, 2012). Moreover, when mental illness client in an acute phase of mental disorder and their condition is

worsening, mental health care professional at the hospital can treat them quickly and effectively (AHA, 2012).

In contrast, hospitalization can also give some problems to mental illness client and their family. The first problem is it will increase stressor and stigma as a psychological response from the mental illness client who get involuntary hospitalization (Rusch et al., 2013). This condition happens to mental illness clients who are still intact with their mental faculties, that's why the hospitalization becomes a stressor for mental illness client. For example, depressed clients who become more depressed and impaired after getting hospitalization treatment (Rocca et al., 2009).

The second problem, hospitalization can decrease social support from their family because most of treatment is given by health care professional. In fact, family support in nursing process is important to accelerate the client's recovery. It is because family support has power both internally and externally to improve the mental health quality of the client (Mokgothu, et al., 2015).

The third problem is that health care facilities in Indonesia are not distributed evenly. Indonesia only has 51 mental hospitals which are located in 27 provinces, so, there are 8 provinces which do not have mental hospital and also only 33% public hospitals which have mental care facilities that are located in central cities (Kemenkes RI, 2012). It can obstruct mental illness client to get mental care facilities due to limited facilities and considerable distance.

The fourth problem is the high cost of hospitalization for mental illness client. The worse the client's condition is, the more expensive the cost (Kemenkes RI, 2014). This is bad for mental illness client and their family who are poor and require long term treatment. That's why a lot of mental illness client drop out from the treatment (Lestari & Wardhani, 2014).

Therefore, to overcome some problems of hospitalization we need another alternative method, one of them is Home Health Nursing (HHN). HHN is a nursing intervention which can be given to client in the client's house (Community Health Nurses of Canada, 2010). HHN incorporates the complex skill of nursing, such as communication, motivation, and also critical thinking in clinical decision during nursing process. Mental health nurses in HHN can visit client's house to deliver nursing interventions (Canadian Nurses Association, 2013).

In its implementation, HHN has some advantages and also disadvantages. First advantage of HHN is it can create a warm and friendly situation in their home, therefore the family will be more open to share their problems and feeling about client's health condition to the nurse (Nigusie and Alebach, 2003). Second, HHN can give an opportunity for the nurse to observe the house situation and role of family (Nigusie and Alebach, 2003). The role of the family is very important to solve health problems.

Third, the nurse can observe how the family lives, help to conceive mental illness client and family needs, and also assist family to use any instrument that can give benefits for their health (Nigusie and Alebach, 2003). Fourth, HHN can give opportunity for the nurse to make sure that the instruction which the nurse had given is understandable and applicable for mental illness client and family. Fifth, the nurse in HHN can be an educator not only for mental illness client and family, but also for the community around them in order to promote mental health awareness (DPR RI & Presiden RI, 2014).

Beside of some advantages, HHN also had some disadvantages. First, HHN is a personal treatment, thus, the family cannot share their experience to other people with same health problem (Nigusie & Alebach, 2003). This happens because anyone in their neighborhood might not have the same health problems with them. Second, the facilities and infrastructure of HHN to access mental illness client and family is limited (Nigusie & Alebach, 2003). Public facilities such as

health facilities, roads, and also transportation can be the factors to make sure that nursing intervention in HHN is sustained.

4. DISCUSSIONS

The efforts to reduce *pasung* cases must be done holistically, from the client, family, society, and government side. Hospitalization cannot decrease *pasung* cases in Indonesia because it is only focus on the client side without involving family's care at all. Besides that, mental health care facility in Indonesia is not spread evenly and is too expensive. That's why, it can't reach the client with *pasung* cases, who are mostly poor and living in rural area. By those reasons, we need a method that can be reached by the client and family, thus, decreasing *pasung* cases. One of the alternative approach is HHN. HHN is a private and comprehensive method, thus, it can deliver promotive, preventive, curative, and rehabilitative actions effectively.

A promotive action is needed to reduce the stigma of society about mental illness that affecting their decision making process to proceed *pasung*. The purpose of this action is to educate society about mental illness care. A study shows that this kind of promotive action can decrease the stigma from society about mental illness client (Knifton et al., 2010). That's why, if the stigma can be reduced, then it can reduce the probability of society's decision to proceed *pasung* too.

Averagely, the reason why we have *pasung* cases is because of the lack of family's knowledge about how to treat mental illness client. That's why, the preventive action that can be done by the nurses is to educate the family. Education that is delivered by HHN nurses will be more effective and comprehensive because it is delivered privately. Besides that, the family will be more open to discuss with the nurses because the time to discuss is not limited like in the hospital. A research that is done by Daulima (2014) shows that the family's decision to give *pasung* intervention is decreased after the nurses educate them about mental health. It means that this preventive action can help to reduce *pasung* cases in Indonesia.

Not only promotive and preventive actions, curative action can also be delivered by HHN method. This curative action is done in the client's house and involving the family's care. It brings more benefit than hospitalization. First, it will decrease client's stressor because they will be treated in their own home, not in the hospital. Second, it will increase client's recovery because the involvement of family in client's treatment. Third, HHN enable the nurses to do a comprehensive assessment about the family dynamics and client's environment, so the intervention that is delivered will be more accurate. Fourth, HHN enable the nurses to make sure that the instruction from the nurses is done by the family, thus the family is really involved in client care. Fifth, the client's recovery is not only watched by the nurses but also the family, so it will deliver a message to them that mental illness can be treated. Sixth, supportive therapy towards the family by HHN nurses can increase their cognitive, affective, and psycomotor capability to treat mental illness client (Hernawaty, 2009). With these six benefits, it will accelerate client's recovery and then can be freed from *pasung* faster.

The other action that needs to be done is rehabilitative action. This action is important to prevent re-*pasung* by the family after they got the treatment in hospital. The fact is they did the re-*pasung* because they were tired physically and emotionally, and did not have any capability on how to treat mental illness client (Reknoningsih, 2013). It shows that families need internal and external support to treat client after *pasung*. That's why, the HHN nurses will deliver rehabilitative action in order to help the family on client's recovery by increasing the family function.

However, promotive, preventive, curative, and rehabilitative actions will not work without the government support on funding and healthcare facility. That's why there is an advocative action

by HHN nurses to advocate the client's need to the government. This advocative action is important to reduce *pasung* cases in Indonesia. For example, the "Aceh Free Pasung" program, the innovative program that is done by Aceh's government to protect the human rights of mental illness clients and decrease *pasung* cases in Aceh. That program proves that government's support on funding and facility can help to reduce *pasung* cases that is happened in Aceh (Puteh, Marthoenis, and Minas, 2011).

5. CONCLUSIONS

HHN is an alternative method besides hospitalization to reduce *pasung* cases which is inclusive of promotive, preventive, curative, rehabilitative, and advocative actions. Therefore, HHN method is the right alternative because it gives intervention not only to the client, but also to the family, society, and government. Those four important elements can help client to be free from *pasung* and get better and more humane treatment. Thus, *pasung* cases in Indonesia can be decreased.

However, whatever the method might be, it will not succeed unless the government do not have any commitment to prioritize society's mental health. "Aceh Free Pasung" program is the evidence which shows that the governments commitment in the program can help to reduce *pasung* cases in Aceh. It means, if the Indonesian government can support HHN method to reduce *pasung* cases in Indonesia, then *pasung* cases in Indonesia will be decreased.

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