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LAMPIRAN 1



PRISMA 2009 Checklist

Section/topic	#	Checklist item	Reported on page #
TITLE			
Title	1	Identify the report as a systematic review, meta-analysis, or both.	Halaman Awal
ABSTRACT			
Structured summary	2	Provide a structured summary including, as applicable: background; objectives; data sources; study eligibility criteria, participants, and interventions; study appraisal and synthesis methods; results; limitations; conclusions and implications of key findings; systematic review registration number.	x
INTRODUCTION			
Rationale	3	Describe the rationale for the review in the context of what is already known.	1-5
Objectives	4	Provide an explicit statement of questions being addressed with reference to participants, interventions, comparisons, outcomes, and study design (PICOS).	5
METHODS			
Protocol and registration	5	Indicate if a review protocol exists, if and where it can be accessed (e.g., Web address), and, if available, provide registration information including registration number.	40
Eligibility criteria	6	Specify study characteristics (e.g., PICOS, length of follow-up) and report characteristics (e.g., years considered, language, publication status) used as criteria for eligibility, giving rationale.	30
Information sources	7	Describe all information sources (e.g., databases with dates of coverage, contact with study authors to identify additional studies) in the search and date last searched.	31
Search	8	Present full electronic search strategy for at least one database, including any limits used, such that it could be repeated.	32-36
Study selection	9	State the process for selecting studies (i.e., screening, eligibility, included in systematic review, and, if applicable, included in the meta-analysis).	36
Data collection process	10	Describe method of data extraction from reports (e.g., piloted forms, independently, in duplicate) and any processes for obtaining and confirming data from investigators.	36
Data items	11	List and define all variables for which data were sought (e.g., PICOS, funding sources) and any assumptions and simplifications made.	30
Risk of bias in individual studies	12	Describe methods used for assessing risk of bias of individual studies (including specification of whether this was done at the study or outcome level), and how this information is to be used in any data synthesis.	37-38
Summary measures	13	State the principal summary measures (e.g., risk ratio, difference in means).	53-54
Synthesis of results	14	Describe the methods of handling data and combining results of studies, if done, including measures of consistency (e.g., I^2 , for each meta-analysis).	



PRISMA 2009 Checklist

Section/topic	#	Checklist item	Reported on page #
Risk of bias across studies	15	Specify any assessment of risk of bias that may affect the cumulative evidence (e.g., publication bias, selective reporting within studies).	37-38
Additional analyses	16	Describe methods of additional analyses (e.g., sensitivity or subgroup analyses, meta-regression), if done, indicating which were pre-specified.	
RESULTS			
Study selection	17	Give numbers of studies screened, assessed for eligibility, and included in the review, with reasons for exclusions at each stage, ideally with a flow diagram.	41-42
Study characteristics	18	For each study, present characteristics for which data were extracted (e.g., study size, PICOS, follow-up period) and provide the citations.	55-57
Risk of bias within studies	19	Present data on risk of bias of each study and, if available, any outcome level assessment (see item 12).	59
Results of individual studies	20	For all outcomes considered (benefits or harms), present, for each study: (a) simple summary data for each intervention group (b) effect estimates and confidence intervals, ideally with a forest plot.	43-54
Synthesis of results	21	Present results of each meta-analysis done, including confidence intervals and measures of consistency.	
Risk of bias across studies	22	Present results of any assessment of risk of bias across studies (see Item 15).	58
Additional analysis	23	Give results of additional analyses, if done (e.g., sensitivity or subgroup analyses, meta-regression [see Item 16]).	
DISCUSSION			
Summary of evidence	24	Summarize the main findings including the strength of evidence for each main outcome; consider their relevance to key groups (e.g., healthcare providers, users, and policy makers).	67-72
Limitations	25	Discuss limitations at study and outcome level (e.g., risk of bias), and at review-level (e.g., incomplete retrieval of identified research, reporting bias).	72-73
Conclusions	26	Provide a general interpretation of the results in the context of other evidence, and implications for future research.	74
FUNDING			
Funding	27	Describe sources of funding for the systematic review and other support (e.g., supply of data); role of funders for the systematic review.	75

From: Moher D, Liberati A, Tetzlaff J, Altman DG, The PRISMA Group (2009). Preferred Reporting Items for Systematic Reviews and Meta-Analyses: The PRISMA Statement. *PLoS Med* 6(7): e1000097. doi:10.1371/journal.pmed1000097

For more information, visit: www.prisma-statement.org.

CASP Checklist: 11 questions to help you make sense of a Randomised Controlled Trial

How to use this appraisal tool: Three broad issues need to be considered when appraising a trial:

- ▶ Are the results of the study valid? (Section
- ▶ A) What are the results? (Section
- ▶ B) Will the results help locally? (Section C)

The 11 questions on the following pages are designed to help you think about these issues systematically. The first three questions are screening questions and can be answered

quickly. If the answer to both is “yes”, it is worth proceeding with the remaining questions. There is some degree of overlap between the questions, you are asked to record a “yes”, “no” or “can’t tell” to most of the questions. A number of italicised prompts are given after

each question. These are designed to remind you why the question is important. Record your reasons for your answers in the spaces provided.

About: These checklists were designed to be used as educational pedagogic tools, as part of a workshop setting, therefore we do not suggest a scoring system. The core CASP checklists (randomised controlled trial & systematic review) were based on JAMA 'Users' guides to the medical literature 1994 (adapted from Guyatt GH, Sackett DL, and Cook DJ), and piloted with health care practitioners.

For each new checklist, a group of experts were assembled to develop and pilot the checklist and the workshop format with which it would be used. Over the years overall adjustments have been made to the format, but a recent survey of checklist users reiterated that the basic format continues to be useful and appropriate.

Referencing: we recommend using the Harvard style citation, i.e.: *Critical Appraisal Skills Programme (2018). CASP (insert name of checklist i.e. Randomised Controlled Trial) Checklist. [online] Available at: URL. Accessed: Date Accessed.*

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Critical Appraisal Skills Programme (CASP) part of Oxford Centre for Triple Value Healthcare Ltd www.casp-uk.net

Paper for appraisal and reference:

Section A: Are the results of the trial valid?

1. Did the trial address a clearly focused issue?

Yes	<input type="checkbox"/>
Can't Tell	<input type="checkbox"/>
No	<input type="checkbox"/>

HINT: An issue can be 'focused' in terms of

- the population studied
- the intervention given
- the comparator given
- the outcomes considered

Comments:

2. Was the assignment of patients to treatments randomised?

Yes	<input type="checkbox"/>
Can't Tell	<input type="checkbox"/>
No	<input type="checkbox"/>

HINT: Consider

- how this was carried out
- was the allocation sequence concealed from researchers and patients

Comments:

3. Were all of the patients who entered the trial properly accounted for at its conclusion?

Can't Tell	<input type="checkbox"/>
No	<input type="checkbox"/>

HINT: Consider

- was the trial stopped early
- were patients analysed in the groups to which they were randomised

Comments:

Is it worth continuing?

4. Were patients, health workers and study personnel 'blind' to treatment?

Yes	<input type="checkbox"/>
Can't Tell	<input type="checkbox"/>
No	<input type="checkbox"/>

Comments:

5. Were the groups similar at the start of the trial

Yes	<input type="checkbox"/>
Can't Tell	<input type="checkbox"/>
No	<input type="checkbox"/>

HINT: Consider
• other factors that might affect the outcome, such as; age, sex, social class

Comments:

6. Aside from the experimental intervention, were the groups treated equally?

Yes	<input type="checkbox"/>
Can't Tell	<input type="checkbox"/>
No	<input type="checkbox"/>

Comments:

Section B: What are the results?

7. How large was the treatment effect?

HINT: Consider

- what outcomes were measured
- Is the primary outcome clearly specified
- what results were found for each outcome

Comments:

8. How precise was the estimate of the treatment effect?

HINT: Consider

- what are the confidence limits

Comments:

Section C: Will the results help locally?

9. Can the results be applied to the local population, or in your context?

Yes	<input type="checkbox"/>
Can't Tell	<input type="checkbox"/>
No	<input type="checkbox"/>

HINT: Consider whether

- the patients covered by the trial are similar enough to the patients to whom you will apply this
- how they differ

Comments:

10. Were all clinically important outcomes considered?

Yes	<input type="checkbox"/>
Can't Tell	<input type="checkbox"/>
No	<input type="checkbox"/>

HINT: Consider whether

- there is other information you would like to have seen
- if not, does this affect the decision

Comments:

11. Are the benefits worth the harms and costs?

Yes	<input type="checkbox"/>
Can't Tell	<input type="checkbox"/>
No	<input type="checkbox"/>

- HINT: Consider
- even if this is not addressed by the trial, what do you think?

Comments:

LAMPIRAN 3



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JBI Critical Appraisal Checklist for Quasi-Experimental Studies (non-randomized experimental studies)

Reviewer _____ Date _____

Author _____ Year _____ Record Number _____

	Yes	No	Unclear	Not applicable
1. Is it clear in the study what is the 'cause' and what is the 'effect' (i.e. there is no confusion about which variable comes first)?	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
2. Were the participants included in any comparisons similar?	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
3. Were the participants included in any comparisons receiving similar treatment/care, other than the exposure or intervention of interest?	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
4. Was there a control group?	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
5. Were there multiple measurements of the outcome both pre and post the intervention/exposure?	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
6. Was follow up complete and if not, were differences between groups in terms of their follow up adequately described and analyzed?	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
7. Were the outcomes of participants included in any comparisons measured in the same way?	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
8. Were outcomes measured in a reliable way?	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
9. Was appropriate statistical analysis used?	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

Overall appraisal: Include Exclude Seek further info

Comments (including reason for exclusion)

LAMPIRAN 4

Table 8.5.a The Cochrane Collaboration's tool for assessing risk of bias

Domain	Description	Review authors' judgement
Sequence generation.	Describe the method used to generate the allocation sequence in sufficient detail to allow an assessment of whether it should produce comparable groups.	Was the allocation sequence adequately generated?
Allocation concealment.	Describe the method used to conceal the allocation sequence in sufficient detail to determine whether intervention allocations could have been foreseen in advance of, or during, enrolment.	Was allocation adequately concealed?
Blinding of participants, personnel and outcome assessors. <i>Assessments should be made for each main outcome (or class of outcomes).</i>	Describe all measures used, if any, to blind study participants and personnel from knowledge of which intervention a participant received. Provide any information relating to whether the intended blinding was effective.	Was knowledge of the allocated intervention adequately prevented during the study?
Incomplete outcome data. <i>Assessments should be made for each main outcome (or class of outcomes).</i>	Describe the completeness of outcome data for each main outcome, including attrition and exclusions from the analysis. State whether attrition and exclusions were reported, the numbers in each intervention group (compared with total randomized participants), reasons for attrition/exclusions where reported, and any re-inclusions in analyses performed by the review authors.	Were incomplete outcome data adequately addressed?
Selective outcome reporting.	State how the possibility of selective outcome reporting was examined by the review authors, and what was found.	Are reports of the study free of suggestion of selective outcome reporting?
Other sources of bias.	State any important concerns about bias not addressed in the other domains in the tool. If particular questions/entries were pre-specified in the review's protocol, responses should be provided for each question/entry.	Was the study apparently free of other problems that could put it at a high risk of bias?

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Appendix C: Evidence Level and Quality Guide

Evidence Levels	Quality Guides
<p>Level I Experimental study, randomized controlled trial (RCT) Systematic review of RCTs, with or without meta-analysis</p>	<p>A <u>High quality</u>: Consistent, generalizable results; sufficient sample size for the study design; adequate control; definitive conclusions; consistent recommendations based on comprehensive literature review that includes thorough reference to scientific evidence</p> <p>B <u>Good quality</u>: Reasonably consistent results; sufficient sample size for the study design; some control, fairly definitive conclusions; reasonably consistent recommendations based on fairly comprehensive literature review that includes some reference to scientific evidence</p> <p>C <u>Low quality or major flaws</u>: Little evidence with inconsistent results; insufficient sample size for the study design; conclusions cannot be drawn</p>
<p>Level II Quasi-experimental study Systematic review of a combination of RCTs and quasi-experimental, or quasi-experimental studies only, with or without meta-analysis</p>	
<p>Level III Non-experimental study Systematic review of a combination of RCTs, quasi-experimental and non-experimental studies, or non-experimental studies only, with or without meta-analysis Qualitative study or systematic review with or without a meta-synthesis</p>	

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Appendix C: Evidence Level and Quality Guide

Evidence Levels	Quality Guides
<p>Level IV Opinion of respected authorities and/or nationally recognized expert committees/consensus panels based on scientific evidence</p> <p>Includes:</p> <ul style="list-style-type: none">• Clinical practice guidelines• Consensus panels	<p>A <u>High quality</u>: Material officially sponsored by a professional, public, private organization, or government agency; documentation of a systematic literature search strategy; consistent results with sufficient numbers of well-designed studies; criteria-based evaluation of overall scientific strength and quality of included studies and definitive conclusions; national expertise is clearly evident; developed or revised within the last 5 years</p> <p>B <u>Good quality</u>: Material officially sponsored by a professional, public, private organization, or government agency; reasonably thorough and appropriate systematic literature search strategy; reasonably consistent results, sufficient numbers of well-designed studies; evaluation of strengths and limitations of included studies with fairly definitive conclusions; national expertise is clearly evident; developed or revised within the last 5 years</p> <p>C <u>Low quality or major flaws</u>: Material not sponsored by an official organization or agency; undefined, poorly defined, or limited literature search strategy; no evaluation of strengths and limitations of included studies, insufficient evidence with inconsistent results, conclusions cannot be drawn; not revised within the last 5 years</p>

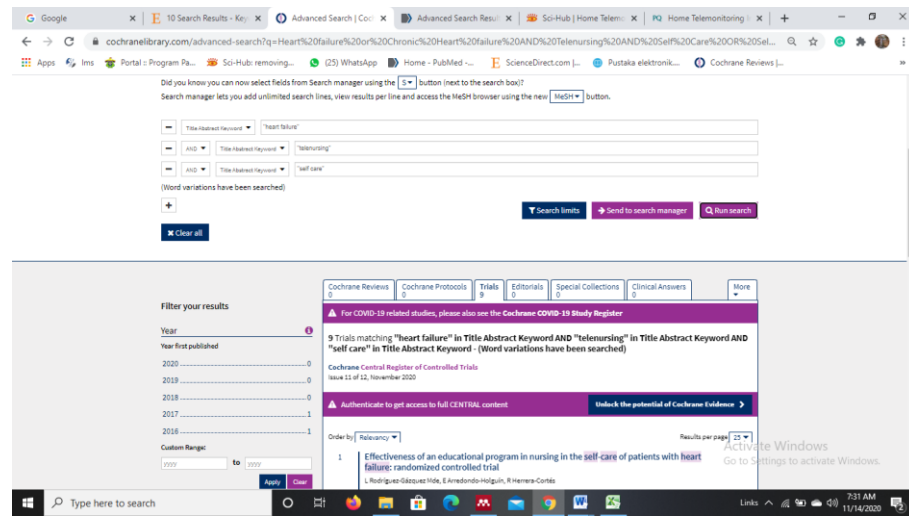
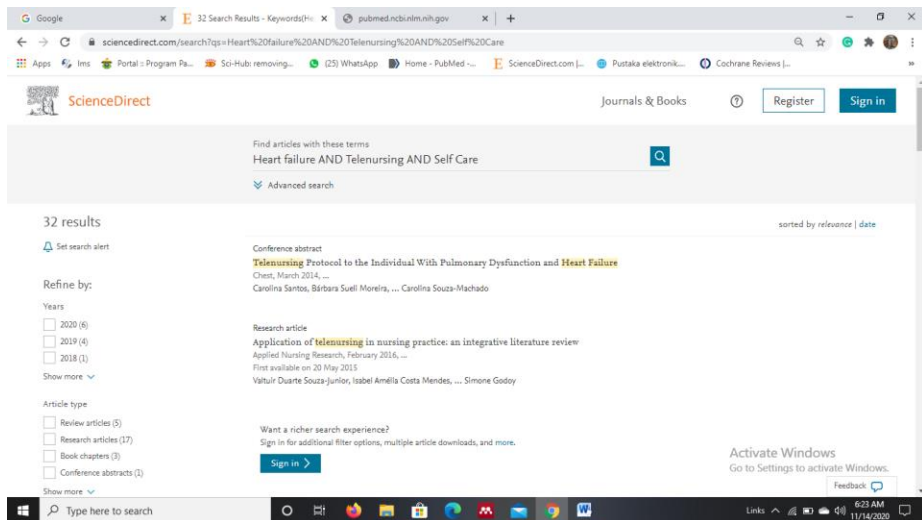
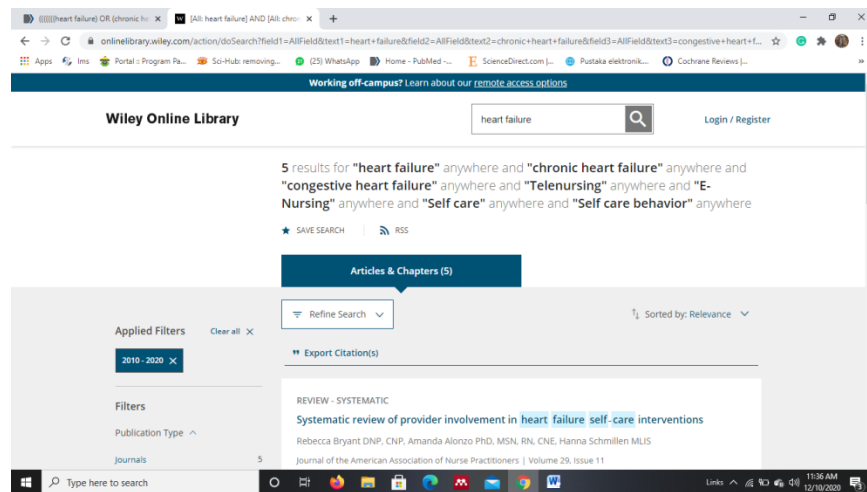
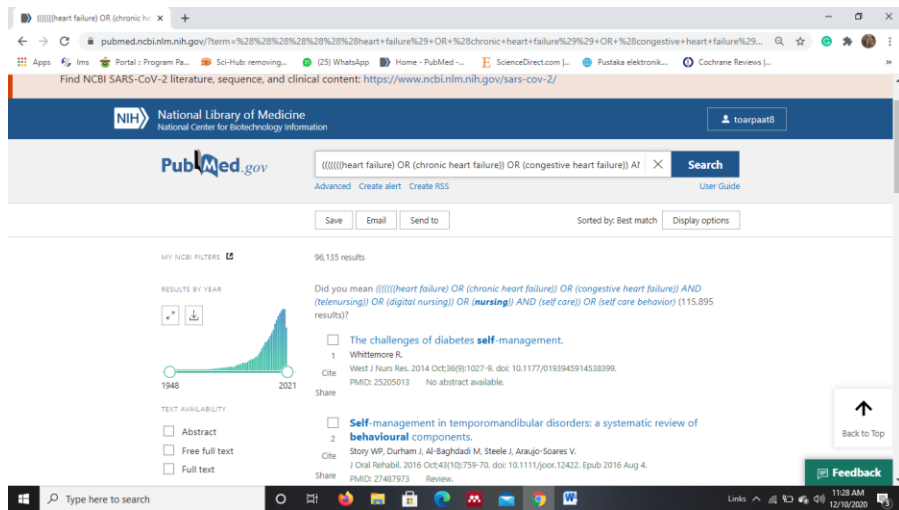
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Appendix C: Evidence Level and Quality Guide

<p>Level V Based on experiential and non-research evidence</p> <p>Includes:</p> <ul style="list-style-type: none">• Literature reviews• Quality improvement, program or financial evaluation• Case reports• Opinion of nationally recognized experts(s) based on experiential evidence	<p>Organizational Experience:</p> <p>A High quality: Clear aims and objectives; consistent results across multiple settings; formal quality improvement, financial or program evaluation methods used; definitive conclusions; consistent recommendations with thorough reference to scientific evidence</p> <p>B Good quality: Clear aims and objectives; consistent results in a single setting; formal quality improvement or financial or program evaluation methods used; reasonably consistent recommendations with some reference to scientific evidence</p> <p>C Low quality or major flaws: Unclear or missing aims and objectives; inconsistent results; poorly defined quality improvement, financial or program evaluation methods; recommendations cannot be made</p> <p>Literature Review, Expert Opinion, Case Report, Community Standard, Clinician Experience, Consumer Preference:</p> <p>A High quality: Expertise is clearly evident; draws definitive conclusions; provides scientific rationale; thought leader(s) in the field</p> <p>B Good quality: Expertise appears to be credible; draws fairly definitive conclusions; provides logical argument for opinions</p> <p>C Low quality or major flaws: Expertise is not discernable or is dubious; conclusions cannot be drawn</p>
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LAMPIRAN 6

Srceen Capture pencarian Database



Google search results for ProQuest. Search query: Heart Failure AND Telenursing AND Self care. Results: 464 results. Filtered by Relevance. Source types: Scholarly Journals, Books, Newspapers, Trade Journals, Reports.

Use of Telehealth by Older Adults to Manage Heart Failure
 Dansky, Kathryn H, PhD, RN, Vasey, Joseph, PhD, Bowles, Kathryn, PhD, RN, FAAN.
 Research in Gerontological Nursing, Thorofare Vol. 1, Iss. 1, (Jan 2008): 25-32.

Improvement of self-care behaviors after a nursing educational intervention with patients with heart failure/Mejoramiento en los comportamientos de autocuidado después de una intervención educativa de enfermería con pacientes con falla cardiaca
 Arredondo-Holgún, Edith, Gázquez, María de los Ángeles Rodríguez, Urrego, Lina Marcela Higuito.
 Investigación y Educación en Enfermería, Medellín Vol. 30, Iss. 2, (2012): 188-197.

Garuda search results. Search query: Heart failure OR chronic heart failure OR congestive heart failure AND Telenursing AND self-care OR behavior OR self-care management. Found 0 documents.

Ministry of Research and Technology / National Agency for Research and Innovation © 2018

ClinicalKey for Nursing search results. Search query: Heart failure AND Telenursing AND Self Care. Filtered by Full Text Article. Results include:

Application of telenursing in nursing practice: an integrative literature review
 Applied Nursing Research. Souza-Junior, Valdir Duarte, RN, Ms; Mendes, ... Show all. Published February 1, 2016. Volume 29. Pages 254-260. © 2015.

A telephone-delivered empowerment intervention with patients diagnosed with heart...
 Heart & Lung: The Journal of Acute and Critical Care. Shearer, Neima B.C., RN, PhD, Cisar, Nancy, ... Show all. Published May 1, 2007. Volume 36, Issue 3. Pages 159-169. © 2007.

The role of community-based nursing interventions in improving outcomes for individuals with...

Google Cendekia search results. Search query: Heart Failure AND Telenursing AND self care. Found 1,490 results. Filtered by Full Text Article. Results include:

A randomized trial of telenursing to reduce hospitalization for heart failure patient-centered outcomes and nursing indicators
 EF Jarant, R Azari, C Martinez. Home health care services ... 2003 - Taylor & Francis

Telenursing can reduce CHF hospitalizations and allow increased frequency of communication with patients ... home telecare, telephone, home nursing, home care services, congestive heart failure, hospitalization, cost and cost analysis, disease management, randomized ...
 Dirujuk 145 kali Artikel terkait 4 versi Impor ke BibTeX

... the effect of telenursing and education without follow-up in the caregivers of heart failure patients on the self-care behavior and clinical status of heart failure patients
 M Heidari, S Sarvandi, K Moradbeigi. Journal of ... 2017 - hayat.tums.ac.ir

Quality of life in people with heart failure: role of telenursing
 Flavazzo, P Cocchia - Profesi Infermeristiche, 2011 - europepmc.org

Assessment of quality of life is a priority aspect in patients with cardiac deficiency since it is a chronic, mainly unstable ... [The Kansas City Cardiomyopathy Questionnaire (KCCQ)] - a new disease-specific quality of life measure for patients with chronic heart failure
 Dirujuk 11 kali Artikel terkait 2 versi Impor ke BibTeX

Effectiveness of an educational program in nursing in the self-care of patients with heart failure: randomized controlled trial
 [HTML] sciELO.br



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RSPTN UNIVERSITAS HASANUDDIN
RSUP Dr. WAHIDIN SUDIROHUSODO MAKASSAR
Sekretariat : Lantai 2 Gedung Laboratorium Terpadu
JL.PERINTIS KEMERDEKAAN KAMPUS TAMALANREA KM.10 MAKASSAR 90245.





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REKOMENDASI PERSETUJUAN ETIK

Nomor : 713/UN4.6.4.5.31/ PP36/ 2020

Tanggal: 6 Nopember 2020

Dengan ini Menyatakan bahwa Protokol dan Dokumen yang Berhubungan Dengan Protokol berikut ini telah mendapatkan Persetujuan Etik :

No Protokol	UH20100609	No Sponsor Protokol	
Peneliti Utama	Toar Calvin Christo Paat, S.Kep,Ns	Sponsor	
Judul Peneliti	EFEKTIVITAS TELENURSING DALAM MENINGKATKAN SELF-CARE PADA PASIEN GAGAL JANTUNG : A SYSTEMATIC REVIEW		
No Versi Protokol	1	Tanggal Versi	26 Oktober 2020
No Versi PSP		Tanggal Versi	
Tempat Penelitian	Fakultas Keperawatan Universitas Hasanuddin Makassar		
Jenis Review	<input checked="" type="checkbox"/> Exempted <input type="checkbox"/> Expedited <input type="checkbox"/> Fullboard Tanggal	Masa Berlaku 6 Nopember 2020 sampai 6 Nopember 2021	Frekuensi review lanjutan
Ketua Komisi Etik Penelitian Kesehatan FKUH	Nama Prof.Dr.dr. Suryani As'ad, M.Sc.,Sp.GK (K)	Tanda tangan	
Sekretaris Komisi Etik Penelitian Kesehatan FKUH	Nama dr. Agussalim Bukhari, M.Med.,Ph.D.,Sp.GK (K)	Tanda tangan	

Kewajiban Peneliti Utama:

- Menyerahkan Amandemen Protokol untuk persetujuan sebelum di implementasikan
- Menyerahkan Laporan SAE ke Komisi Etik dalam 24 Jam dan dilengkapi dalam 7 hari dan Laporan SUSAR dalam 72 Jam setelah Peneliti Utama menerima laporan
- Menyerahkan Laporan Kemajuan (progress report) setiap 6 bulan untuk penelitian resiko tinggi dan setiap setahun untuk penelitian resiko rendah
- Menyerahkan laporan akhir setelah Penelitian berakhir
- Melaporkan penyimpangan dari prokol yang disetujui (protocol deviation / violation)
- Mematuhi semua peraturan yang ditentukan