

HUBUNGAN *SELF-CARE MANAGEMENT* DIABETES MELITUS TERHADAP DERAJAT LUKA ULKUS KAKI DIABETIK PADA PASIEN DIABETES MELITUS TIPE 2

Farach Nabilla

Abstrak

Luka ulkus kaki diabetik merupakan komplikasi DM tipe 2 yang sering terjadi dan menjadi penyebab utama dilakukan amputasi pada kaki diabetik. *Self-care management* Diabetes Melitus merupakan penatalaksanaan yang harus dilakukan penderita dalam mengelola penyakit DM. Tujuan dalam penelitian ini untuk menganalisis *self-care management* diabetes melitus terhadap derajat luka ulkus kaki diabetik pada pasien DM Tipe 2 yang melakukan perawatan luka di RUMAT klinik spesialis perawatan luka diabetes. Penelitian ini merupakan penelitian kuantitatif dengan metode *cross sectional* dengan desain penelitian korelasional. Pengambilan sampel menggunakan metode *purposive sampling*, dengan total sampel 65 responden. Pengumpulan data menggunakan kuesioner SDSCA, sementara derajat luka dinilai dengan *Score PEDIS*. Analisa univariat menggunakan uji statistik deskriptif dan bivariat menggunakan uji *Chi-Square*. Hasil penelitian ini menunjukkan bahwa 66,2% responden berusia 40-59 tahun, 64,6% adalah perempuan, 44,6% berpendidikan terakhir SMA/K, 50,8% seorang IRT, 52,3% menderita DM Tipe 2 dalam waktu 5-10 tahun, 95,4% menderita ulkus dalam waktu 1-6 bulan, dan 73,8% menggunakan terapi Obat Antihiperqlikemia Oral (OHO). Berdasarkan uji *Chi-square*, terdapat hubungan antar *self-care management* diabetes melitus terhadap derajat luka ulkus kaki diabetik ($p = 0,041$). Kepatuhan terhadap perilaku *self-care management* DM penting untuk diperhatikan guna mencegah perburukan luka ulkus kaki diabetik sehingga menurunkan angka mortalitas dan morbiditas.

Kata Kunci: Derajat Luka Ulkus, Luka Ulkus Kaki Diabetik, *Self-Care Management*.

THE RELATIONSHIP BETWEEN DIABETES MELLITUS SELF-CARE MANAGEMENT AND THE DEGREE OF DIABETIC FOOT ULCERS IN PATIENTS WITH TYPE 2 DIABETES MELLITUS.

Farach Nabilla

Abstract

Diabetic foot ulcers are a frequent complication of type 2 DM and are the main cause of amputation of the diabetic foot. Diabetes mellitus self-care management is a management that must be carried out by patients in managing DM disease. This study aims to determine the relationship between self-care management of diabetes mellitus and the degree of diabetic foot ulcers in Type 2 DM patients who perform wound care at the RUMAT clinic specializing in diabetic wound care. This study is a quantitative research with a cross-sectional method and a correlational research design. Purposive sampling was used to collect data with total sample of 65 respondents. Data collection used the SDSCA questionnaire, while wound degree was assessed with the PEDIS Score. Univariate analysis using descriptive statistical test and bivariate using Chi-Square test. The results of this study showed that 66.2% of respondents were 40-59 years old, 64.6% were female, 44.6% had a high school education, 50.8% were housewives, 52.3% had Type 2 DM for 5-10 years, 95.4% had ulcers within 1-6 months, and 73.8% used Oral Antihyperglycemia Drug (OHO) therapy. Based on the Chi-square test, there is a relationship between diabetes mellitus self-care management and the degree of diabetic foot ulcers ($p = 0.041$). Compliance with DM self-care management behavior is important to pay attention to in order to prevent the worsening of diabetic foot ulcers and reduce mortality and morbidity.

Keywords: diabetic foot ulcers, self-care management, wound ulcer degree.