

Program Lansia Sehat dengan Diabetes Mellitus (LANSET DM) sebagai strategi intervensi keperawatan komunitas dalam pengendalian DM pada Kelompok Lansia di Kelurahan Cisalak Pasar, Cimanggis, Depok. = Lansia Sehat dengan Diabetes Mellitus (LANSET DM) program as an intervention strategy of community nursing care to controll DM among elderly diabetes in Cisalak Pasar Village, Cimanggis, Depok

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Abstrak

Lansia dengan diabetes mellitus (DM) merupakan kelompok rentan akibat berbagai faktor risiko sehingga perlu perhatian khusus meliputi pencegahan dan penanganannya. Karya ilmiah akhir ini menggambarkan program Lansia Sehat dengan Diabetes Mellitus (LANSET DM) sebagai strategi intervensi untuk pelayanan dan asuhan keperawatan komunitas dalam pengendalian DM melalui penerapan teori manajemen, community as partner, family entered nursing, preceed-proceed model dan teori konsekuensi fungsional di Kelurahan Cisalak Pasar.

Pengambilan data dilakukan dengan wawancara, observasi, penyebaran angket pada 106 responden dengan total sampling. Bentuk intervensi dilaksanakan melalui: terapi komplementer, terapi modalitas, terapi keluarga, coaching, guidance, konseling dan pendidikan kesehatan pada kelompok swabantu maupun kelompok pendukung selama 8 bulan.

Hasil kegiatan didapatkan 47,2% penurunan kadar gula darah. Kesimpulannya, program ini efektif dan aplikatif digunakan dalam pengelolaan pelayanan dan asuhan keperawatan lansia dengan DM. Penulis merekomendasikan perlunya perawat komunitas mengembangkan program dan terlibat aktif dalam pencegahan primer, sekunder serta tersier pengendalian DM terutama di Kota Depok.

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Elderly with diabetes mellitus (DM) are a vulnerable population due to multiple risks factors that need special attention in terms of prevention and treatment. This final scientific papers describing Lansia Sehat dengan Diabetes Mellitus (LANSET DM) program as an intervention strategy to give service and community nursing care to control DM through the application of management theory, community as a partner, family entered nursing, preceed - proceed model and the theory of functional consequences in Kelurahan Cisalak Pasar.

Data were collected by interview, observations, questionnaires to 106 respondents with a total sampling. Intervention strategies implemented through: complementary therapies, therapy modalities, family therapy, coaching, guidance, counseling and health education to self-help groups and support groups for 8 months. The result show a significant changes in 47,2 % decreasing of blood sugar levels. The conclusion, LANSET DM is effective and applicable to be used in the management of service and nursing care for elderly with DM in terms of prevention, health promotion, and controlling Diabetes. I recommend that the need for community nurse to develop the program and actively involved in primary, secondary and tertiary prevention in controlling DM especially in Depok.