

Pengembangan model konsep pengelolaan diri diabetisi menggunakan alat pendeteksi dini untuk meningkatkan disease awareness (model sofiani) = Development of a self management model using non invasive blood detector to the fostering disease awareness among patient with dm (model sofiani)

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Abstrak

Diabetes Melitus merupakan penyakit kronik yang dapat dikendalikan, hal ini menjadi bagian penting untuk memperlambat terjadinya komplikasi. Upaya pengendalian dapat berjalan efektif bila dilandasi oleh tingginya Awareness Diabetisi akan penyakitnya termasuk dalam monitoring kadar glukosa, alat monitoring gula darah yang ada dimasyarakat saat ini masih membutuhkan sampel darah menjadi masalah tersendiri bagi Diabetisi.

Penelitian ini bertujuan untuk meningkatkan Disease Awareness Diabetisi melalui pengembangan model konsep pengelolaan diri Model SOFIANI dengan bantuan alat pendeteksi kadar glukosa darah non-invasif. Penelitian ini terdiri dari 3 tahap, tahap 1 pengembangan model konsep pengelolaan diri, tahap 2 pengembangan alat pendeteksi kadar glukosa darah non-invasif, dan tahap 3 uji coba model dengan desain eksperimen yang melibatkan 59 responden pada tahap 3, pada tahap 2 melibatkan 344 responden. Analisis data menggunakan paired t test dan general linier model repetead measure.

Hasil analisis diperoleh data terdapat peningkatan skor Diabetes Self Cara Management, penurunan tingkat stres dan kadar HbA1c pada kelompok intervensi pada variabel outcome, sedangkan pada variabel intermediate terlihat penurunan kadar glukosa darah puasa yang efektif sejak minggu 6, peningkatan waktu melakukan aktifitas dan kepatuhan dalam menggunakan terapi. Kesimpulan Model SOFIANI dapat meningkatkan disease awareness dengan indikator variabel outcome dan intermediate. Saran manajemen keperawatan memberikan kebijakan agar model SOFIANI ini dapat digunakan untuk terlaksananya asuhan yang berkesinambungan Continuity of care.

.....Diabetes mellitus is a chronic disease which can be controllable, and that is being an important part to delay the complication. Control efforts, which, guided by a higher awareness of the patients, can run effectively. Especially the patient 39 s awareness of disease prognosis and blood glucose monitoring. Blood sugar monitoring devices which exist in the community still need a blood sample, in the examination process, and this is being a problem for people with diabetes.

The purpose of this study was to increase the disease awareness among diabetic patients through the concept of self management model SOFIANI equipped with the non invasive blood glucose monitoring tool. This study consisted of the three following steps 1 the development model of self management concept, 2 the development of non invasive blood glucose detector, and 3 the experimental design for the testing model. A total of 344 respondents was involved in the second stage of this study, while a total of 59 respondents participated in the third stage of this study. Paired t test and General Linear Model with repeated measurement were used for data analysis.

The results of this study were to identified the increase of diabetes self care management DSCM score, the decrease of stress and HbA1c levels among intervention group, especially for outcome variables. While in

the intermediate variables the effectively decrease of blood glucose started from weeks 6, the increasing amount of time for exercise and the adherence towards therapy. Conclusion SOFIANI Model can increase disease awareness with the outcome and intermediate variables as an indicator. This model might be considered by nursing management in the hospital to be implemented to create the continuity of nursing care.