

Penerapan Intervensi Keperawatan "DEKADEE" dalam pengendalian kadar gula darah pada kelompok lansia diabetes melitus di Kelurahan Jatijajar Kota Depok = Application of the "DEKADEE" nursing intervention in controlling blood sugar levels in the elderly diabetes mellitus group in Jatijajar Village, Depok City

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Abstrak

Pendahuluan: Diabetes Melitus (DM) adalah salah satu penyakit tidak menular (PTM) dengan jumlah populasi tertinggi di Indonesia dan penyebab kematian tertinggi keenam di Indonesia. Dampak dari DM memberikan kerugian kesehatan dari tahun ke tahun, sehingga perlu penanganan yang serius maka dikembangkan inovasi Diet, Senam Kaki dan Relaksasi Benson (DEKADEE).

Tujuan: Memberi gambaran tentang pengaruh Intervensi Keperawatan DEKADEE terhadap pengendalian Kadar gula darah pada lansia diabetisi.

Metode: Studi kasus keluarga dengan pendekatan asuhan keperawatan keluarga yang melibatkan 10 keluarga sesuai praktik berbasis fakta dan inovasi dalam asuhan keperawatan komunitas pada 44 lansia. Inovasi DEKADEE terdiri 9 sesi selama 14 kali pertemuan. Data sebelum dan sesudah intervensi diukur menggunakan alat pemeriksaan gula darah, perilaku (pengetahuan sikap dan keterampilan), kemandirian, kadar gula darah.

Hasil: Adanya peningkatan perilaku pada keluarga meliputi rerata sebesar 3.95%, sikap rerata sebesar 2.53%, keterampilan rerata sebesar 3.66% dan tingkat kemandirian rerata 2 tingkat sebesar 80% dan 3 tingkat rerata sebesar 20% serta penurunan kadar gula darah 61.045 mg/dl. Hasil Uji T dengan nilai rerata signifikan 0,000 ($p < 0,05$).

Kesimpulan: Terdapat pengaruh Inovasi DEKADEE terhadap pengetahuan, sikap, keterampilan serta adanya pengaruh yang signifikan intervensi DEKADEE pada penurunan kadar gula darah sewaktu di Kelurahan Jatijajar Kota Depok.

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Introduction: Diabetes Mellitus (DM) is one of the non-communicable diseases (PTM) with the highest population in Indonesia and the sixth highest cause of death in Indonesia. The impact of DM causes health losses from year to year, so it needs serious treatment, so the Benson Diet, Foot Exercise and Relaxation (DEKADEE) innovation was developed.

Objective: To provide an overview of the effect of DEKADEE Nursing Intervention on controlling blood sugar levels in elderly people with diabetes.

Methods: A family case study with a family nursing care approach involving 10 families according to fact-based practices and innovations in community nursing care for 44 elderly people. DEKADEE's innovation consists of 9 sessions of 14 meetings. Data before and after the intervention were measured using blood sugar checkers, behavior (knowledge, attitudes and skills), independence, and blood sugar levels.

Results: There was an increase in family behavior including an average of 3.95%, an average attitude of 2.53%, an average skill of 3.66% and an average level of independence of 2 levels of 80% and 3 levels of an average of 20% and a decrease in blood sugar levels of 61,045 mg/dl. T test results with a significant mean

value of 0.000 ($p < 0.05$).

Conclusion: There is an effect of DEKADEE's innovation on knowledge, attitudes, skills and a significant effect of DEKADEE's intervention on reducing blood sugar levels while in Jatijajar Village, Depok City.