

Penyusunan Media Edukasi Digital Untuk Pasien Diabetes Melitus di Puskesmas Kecamatan Pulogadung Periode April 2023 = Preparation of Digital Educational Media for Diabetes Mellitus Patients at the Pulogadung Sub-District Public Health Center for April 2023 Period

Dezh Nahda Athiyya, author

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Abstrak

Diabetes adalah penyakit kronis yang ditandai dengan tingginya kadar gula darah. Indonesia saat ini menghadapi triple burden disease atau tiga beban kesehatan, salah satunya adalah penyakit tidak menular yang didalamnya terdapat diabetes melitus. Indonesia berada di posisi kelima dengan jumlah pengidap diabetes sebanyak 19,47 juta penduduk. Pencegahan dan pengendalian diabetes melitus di Indonesia dilakukan agar individu yang sehat tetap sehat, mengurangi faktor resiko diabetes melitus, dan mencegah komplikasi atau kematian dini akibat diabetes. Perlunya upaya pencegahan dan pengendalian diabetes dapat dilakukan melalui promosi kesehatan, edukasi, deteksi dini faktor risiko PTM (Penyakit Tidak Menular), dan tatalaksana sesuai standar. Penggunaan media booklet digital yang berisi materi dapat mempermudah pemahaman pasien Puskesmas Kecamatan Pulogadung dan dapat menjelaskan secara lengkap mengenai pentingnya upaya pengobatan pencegahan penyakit diabetes melitus. Penyusunan media edukasi pasien diabetes melitus dibuat dalam bentuk booklet digital dan leaflet menggunakan media infografis yaitu Canva.

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Diabetes is a chronic disease characterized by high blood sugar levels. Indonesia is currently facing triple burden disease, which is one of non-communicable diseases including diabetes mellitus. Indonesia currently in fifth position with a population of 19.47 million people suffering from Diabetes. Prevention and control of Diabetes mellitus in Indonesia is carried out so that healthy individuals remain healthy, reduce risk factors for diabetes mellitus, and prevent complications or early death due to diabetes. The need for efforts to prevent and control diabetes can be carried out through health promotion, education, early detection of risk factors for NCDs (Non-Communicable Diseases), and management according to the standards. The use of digital booklet media containing information about Diabetes can facilitate understanding for Pulogadung District Health Center patients and can explain in full the importance of treatment efforts to prevent diabetes mellitus. The preparation of educational media for diabetes mellitus patients is made in the form of digital booklets and leaflets using infographic media, namely Canva.