

Penyusunan Media Edukasi Booklet untuk Pasien Diabetes Melitus di Apotek Kimia Farma 352 Margonda Periode Oktober 2023 = Preparation of Educational Media Booklet for Diabetes Mellitus Patients at Kimia Farma Pharmacy 352 Margonda in October 2023

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 Apotek Kimia Farma 352 Margonda dan dapat menjelaskan secara lengkap mengenai pentingnya upaya pengobatan pencegahan penyakit diabetes melitus. Penyusunan media edukasi pasien diabetes melitus dibuat dalam bentuk booklet 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 noncommunicable 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 booklets using infographic media, namely Canva.