

Perilaku Kepatuhan Perawatan Kaki Pada Penderita Ulkus Diabetik Di Klinik Swasta Kota Bogor Tahun 2024 = Adherence to Foot Care in Patients with Diabetic Foot Ulcers in a private clinic in Bogor in 2024

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Abstrak

Kasus diabetes mengalami peningkatan di dunia dan juga di Indonesia. Meningkatnya diabetes akan meningkatkan risiko terkena luka ulkus diabetik. Tujuan penelitian untuk menggali informan mendalam mengenai perilaku kepatuhan dan peranan terhadap kepatuhan perawatan kaki pada penderita ulkus diabetik di Klinik Swasta kota Bogor tahun 2024. Penelitian dilakukan dengan pendekatan kualitatif, menggunakan purposive sampling meliputi pasien kaki ulkus diabetik, anggota keluarga pasien, dan perawat pada klinik swasta di Bogor. Hasil penelitian menunjukkan bahwa sebagian besar informan patuh melakukan perawatan kaki, yang di dalamnya termasuk mengurangi kadar gula darah, menjaga pola sehat, menjaga perban kering, obat-obatan. Dukungan sosial dan ekonomi yang baik, kondisi kesehatan penderita, terapi perawatan kaki ulkus diabetik, dan persepsi-persepsi dari pasien berperan dalam kepatuhan perawatan kaki. Namun masih ada informan yang tidak patuh melakukan perawatan kaki dalam bentuk pengaplikasian losion dan sepatu diabetes dikarenakan hambatan yang berupa pekerjaan dan persepsi maskulinitas terhadap losion. Pemberian edukasi melalui penyuluhan maupun media massa mengenai luka ulkus diabetik diperlukan guna meningkatkan perilaku masyarakat dalam pencegahan dan perawatan luka kaki ulkus diabetik.

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The prevalence of diabetes is increasing globally, including in Indonesia. As the incidence of diabetes rises, so does the risk of developing diabetic ulcers. This study aimed to investigate the adherence behaviors and the role of foot care compliance in patients with diabetic ulcers at a private clinic in Bogor in 2024. The study was conducted using a qualitative approach, with purposive sampling including diabetic foot ulcer patients, family members of patients, and nurses at private clinics in Bogor. The results demonstrated that the majority of informants exhibited compliance with foot care practices, which included reducing blood sugar levels, maintaining a healthy pattern, keeping bandages dry, and taking medication. The findings indicated that social and economic support, the patient's health condition, diabetic foot ulcer care therapy, and perceptions of the patient play a role in foot care compliance. However, there are still informants who are not compliant with foot care in the form of applying lotions and diabetic shoes due to barriers in the form of work and perceptions of masculinity towards lotions. Providing education through counseling and mass media regarding diabetic ulcers is needed to improve public behavior in the prevention and treatment of diabetic ulcers.