

# Evaluasi manajemen mandiri karyawan penyandang diabetes militus tipe 2 setelah mendapatkan edukasi kesehatan di PT Indocement Tunggal Prakarsa Plansite Citeureup = Employees self-management who have diabetes mellitus type2 after got health education et PT Indocement Tunggal Prakarsa Plansite Citeureup

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## Abstrak

### <b>ABSTRAK</b>

Diabetes mellitus(DM) merupakan penyakit kronis dengan prevalensinya yang terus meningkat secara global. Salah satu pengendalian DM adalah edukasi kesehatan. PT ITP yang memiliki 7.5% dari total karyawan menyandang DM tipe2 telah melakukan edukasi kesehatan, namun belum pernah ada evaluasi terhadap manajemen mandiri.

Desain penelitian deskriptif crossectional dengan mengambil sampel, 61 karyawan PT ITP. Analisis univariat menunjukkan tingkat manajemen mandiri responden baik pada aspek nutrisi (80.3%) dan terapi obat (91.8%), namun tidak baik pada aspek latihan fisik (52.5%) dan monitor KGD (50.8%). KGD puasa (mean=138.84), KGD 2 jam post prandial (mean=227.11), HbA1c (mean=8.2), trigliserida (mean=188.49), low density lipoprotein (mean=132.79), dan kolesterol (median=208.00). nilai mean dan median diatas nilai normal. Kesimpulan: indikator pengontrolan DM tipe2 pada responden belum tercapai, sehingga perlunya perusahaan mengembangkan sistim informasi dan penerapan strategi community as partner.

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### <i><b>abstract</b></i>

Diabetes mellitus(DM) is a chronic illness and its prevalence is raising in global. It can be controlled by education. PT ITP conduct health education for the employees with type2 DM since there are 7.5% of the total employees having type2 DM. However, the evaluation of the education is never been done.

Research design was descriptive cross sectional recruited sample of 61 respondents, who had already got health education. Univariate analysis showed the proportion of self-management?s level was good for nutrition (80.3%) and drug therapy (91.8%), however physical exercise (52.5%) and glucose control (50.8%) were not good. The mean of fasting glucose level (mean=138.84), values were 2 hours post prandial glucose level (mean=227.11), HbA1c (mean=8.2), triglyceride (mean=188.49), low density lipoprotein (mena=132.79), and cholesterol (median=208.00). mean and median were above the normal value. Conclusion: In general, self management among respondents were good, but level indicator of DM controlling was still not achieved. Therefore, the company should develop the information?s system, and which can apply the strategies of community as partner.</i>