

Penatalaksanaan keperawatan DM menggunakan booklet dalam mengontrol kadar gula darah pada kelompok lansia diabetisi di Kelurahan Suka Maju Baru Kecamatan Tapos Kota Depok = Applying diabetic booklet in controlling blood sugar level for diabetic elderly group as a nursing management in diabetes mellitus care at Sukamaju Baru district Tapos Depok

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Abstrak

[ABSTRAK

Kerentanan lansia terhadap masalah kesehatan seperti diabetes mellitus meningkat seiring dengan bertambahnya usia. Karya Ilmiah Akhir ini mengintegrasikan teori manajemen pelayanan keperawatan dan tiga model keperawatan yaitu Community as Partner, Family Centred Nursing dan Functional Consequencies. Asuhan keperawatan diberikan pada 32 lansia diabetisi di kelurahan Sukamaju Baru selama 9 bulan. Intervensi inovasi yang dikembangkan adalah booklet DM yang didasari pada program CERDIIK Kemenkes RI, Diabetes Self Management Education (DMSE) dan empat pilar penatalaksanaan DM. Hasil intervensi yang dilakukan menunjukkan adanya perubahan perilaku lansia diabetisi, kelompok pendukung dan sebaya dalam melakukan penatalaksanaan DM. Penurunan rata-rata kadar gula darah lansia kelompok sebaya sebesar 101,5 poin. Penggunaan booklet DM efektif dalam mengontrol kadar gula darah lansia diabetisi dengan wadah kelompok sebaya dan dukungan kader kelompok pendukung. program ini diharapkan dapat diteruskan dengan peningkatan keterlibatan keluarga, kader dan tenaga kesehatan.

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ABSTRACT

The vulnerability of the elderly to health problems such as diabetes mellitus increases with age. This final internship report integrated nursing service management theory with three nursing models, which are Community as Partner, Family Centred Nursing dan Functional Consequencies. A nursing care was provided to 32 elderly with diabetic at district Sukamaju Baru for 9 months. An innovative intervention was developed that was DM booklet based on CERDIIK program from Ministry of Health Indonesia, Diabetes Self Management Education (DMSE) and the four pillars of DM management of care. Result of intervention showed changes of healthy behavior from elderly with DM, support group dan peer group in providing DM care management. There was a reduce of elderly blood glucose level in average about 101,5 poin. The DM booklet usage was effective in controlling blood glucose level of elderly with DM who actively involved in peer group and support group of community workers. This program was expected to be sustained and get more family involvement, as well as involvement from community workers and health workers. , The vulnerability of the elderly to health problems such as diabetes mellitus increases with age. This final internship report integrated nursing service management theory with three nursing models, which are Community as Partner, Family Centred Nursing dan Functional Consequencies. A nursing care was provided to 32 elderly with diabetic at district Sukamaju Baru for 9 months. An innovative intervention was developed that was DM booklet based on CERDIIK program from Ministry of Health Indonesia, Diabetes Self Management Education (DMSE) and the four pillars of DM management of care. Result of

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