

# Pengontrolan glikemik pada individu diabetes melitus tipe 2 dengan hemodialisis kronik melalui pendekatan Orem's Self Care model = Glycemic control in type 2 diabetes mellitus and chronic hemodialysis patients with Orem's Self Care model approach

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## Abstrak

[<b>ABSTRAK</b><br> Diabetic Kidney Disease (DKD) pada Diabetes Melitus Tipe 2 (DMT2) merupakan komplikasi kronik yang dapat dicegah dan ditunda progresifitasnya dengan pengontrolan glikemik yang baik dan penatalaksanaan yang tepat dari komorbid lainnya. Pengontrolan glikemik menjadi tanggung jawab bersama antara multidisiplin profesi kesehatan di ruang rawat (dokter, perawat, dietisien, farmasis) dengan pasien (serta keluarga). Model Self care Orem sangat sesuai untuk diaplikasikan dan dikembangkan di ruangan pada asuhan keperawatan pasien dengan penyakit kronik. Pasien dapat bersinergi secara aktif sesuai kemampuannya dalam mencapai tujuan dari setiap intervensi keperawatan. Disamping itu pendekatan model self care Orem sesuai untuk mempersiapkan pasien dalam meningkatkan kemampuan self care untuk pasca rawat. Pelaksanaan praktek berbasis pembuktian, pengukuran suhu kaki dengan termometer infrared dapat menjadi perangkat tambahan untuk menilai adanya gejala inflamasi lokal sehingga upaya deteksi dini menjadi lebih komprehensif. Pelaksanaan kegiatan inovasi pemantauan dan pemeriksaan kesehatan mandiri pada pasien DM dapat meningkatkan upaya promosi kesehatan pada pasien DM.<b>ABSTRACT</b><b> Diabetic Kidney Disease (DKD) in Type 2 Diabetes Mellitus (T2DM) is a chronic complication that can be prevented and delayed its progresivity with a good glycemic control and appropriate treatments. Glycemic control is a shared responsibility between the multidisciplinary health professions in the ward (doctors, nurses, dietisien, pharmacists) and patients (and families). Orem's Self care model is appropriate to be applied and developed in the acute care of patients with chronic diseases. Patients can actively work together within its capabilities in achieving the objectives of each nursing intervention. Besides, Orem's self care model approach appropriate to prepare the patient to improve the ability of self care for post-hospitalization. Implementation of evidence-based practice, the measurement of foot temperature with an infrared thermometer may be enhancements to assess the presence of local inflammatory symptoms so that early detection efforts become more comprehensive. Implementation of innovation activity monitoring and self health assesment can improve health promotion efforts in diabetic patients. ;Diabetic Kidney Disease (DKD) in Type 2 Diabetes Mellitus (T2DM) is a chronic complication that can be prevented and delayed its progresivity with a good glycemic control and appropriate treatments. Glycemic control is a shared responsibility between the multidisciplinary health professions in the ward (doctors, nurses, dietisien, pharmacists) and patients (and families). Orem's Self care model is appropriate to be applied and developed in the acute care of patients with chronic diseases. Patients can actively work together within its capabilities in achieving the objectives of each nursing intervention. Besides, Orem's self care model approach appropriate to prepare the patient to improve the ability of self care for post-hospitalization. Implementation of evidence-based practice, the measurement of foot temperature with an infrared thermometer may be enhancements to assess the presence of local inflammatory symptoms so that early detection efforts become more comprehensive. Implementation of innovation activity monitoring and

self health assesment can improve health promotion efforts in diabetic patients. , Diabetic Kidney Disease (DKD) in Type 2 Diabetes Mellitus (T2DM) is a chronic complication that can be prevented and delayed its progresivity with a good glyceimic control and appropriate treatments. Glyceimic control is a shared responsibility between the multidisciplinary health professions in the ward (doctors, nurses, dietisien, pharmacists) and patients (and families). Orem's Self care model is appropriate to be applied and developed in the acute care of patients with chronic diseases. Patients can actively work together within its capabilities in achieving the objectives of each nursing intervention. Besides, Orem's self care model approach appropriate to prepare the patient to improve the ability of self care for post-hospitalization. Implementation of evidence-based practice, the measurement of foot temperature with an infrared thermometer may be enhancements to assess the presence of local inflammatory symptoms so that early detection efforts become more comprehensive. Implementation of innovation activity monitoring and self health assesment can improve health promotion efforts in diabetic patients. ]