

# Analisis penerapan teori Self Care Orem dalam asuhan keperawatan pasien diabetes melitus dengan komplikasi congestive heart failure, efusi pleura, dan ulkus kaki diabetik = Application of Orem's theory of Self Care in caring for diabetes mellitus patient with complications of congestive heart failure, pleural effusion, and diabetic foot ulcer : An analysis

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## Abstrak

[<b>ABSTRAK</b><br> Diabetes melitus merupakan sekelompok gangguan metabolisme tubuh, ditandai dengan hiperglikemik kronis yang dapat mengakibatkan komplikasi akut dan kronis. Salah satu peran perawat sebagai pemberi asuhan adalah memberikan asuhan keperawatan yang berkualitas melalui pendekatan Teori Self Care Orem. Penggunaan pendekatan teori ini diharapkan dapat membantu perawat dalam menanggulangi keterbatasan yang dimiliki pasien dan melibatkan pasien secara aktif dalam proses perawatannya melalui perilaku perawatan mandiri. Tujuan penulisan karya ilmiah akhir ini adalah menganalisis hasil proses belajar residensi keperawatan medikal bedah melalui penerapan asuhan keperawatan, penerapan evidence based nursing practice, dan inovasi keperawatan. Data yang diperoleh selama praktik klinik menunjukkan sebagian besar pasien diabetes melitus mengalami komplikasi ulkus kaki diabetik yang disebabkan oleh perilaku perawatan kaki mandiri belum optimal. Hasil penerapan evidence based nursing practice berupa kegiatan edukasi perawatan kaki mandiri dapat meningkatkan pengetahuan dan membentuk perilaku perawatan kaki sebagai tindakan pencegahan dini. Hasil kegiatan inovasi keperawatan melalui pengkajian kesehatan mandiri adalah pasien dapat melakukan pengkajian mandiri terhadap kebutuhan edukasi dan mendapatkan edukasi sesuai kebutuhan mereka. Kesimpulan dari karya ilmiah akhir ini adalah perlunya peningkatan kualitas asuhan keperawatan pada pasien diabetes melitus melalui pendekatan teori keperawatan untuk meningkatkan kemandirian pasien dalam pengelolaan penyakitnya.<b>ABSTRACT</b><br> Diabetes mellitus is a metabolic disorder that characterized by chronic hyperglycemia which could lead to acute and chronic complications. One of nurse roles in managing diabetes mellitus is deliver nursing care using Orem's Theory of Self Care as guide of nursing practice. With this theoretical approach, nursing is expected to be able to overcome the limitations and inability of the patients and actively involve patients in the treatment process through self-care behaviors. The aims of this paper is to analyze the implementation of nursing care, application of evidence based nursing practice, and innovation program which integrated to clinical practice. Based on patient collective data, that was found that the majority of diabetes mellitus patients had been hospitalized with diabetic foot ulcers

complications that caused by non-optimal foot self-care behavior. The results of evidence based nursing practice showed that the diabetic foot care education program can improve the knowledge and build the foot self-care behavior as early prevention action. The results of innovation program through self-health assessment program are patients could assess their needs of educations and get health education according to assessment results. In conclusion, it's needed to improve the quality in caring for diabetes mellitus patients through application of nursing theory to increase the self-care behaviors in management of disease. ;Diabetes mellitus is a metabolic disorder that characterized by chronic

hyperglycemia which could lead to acute and chronic complications. One of nurse roles in managing diabetes mellitus is deliver nursing care using Orem's Theory of Self Care as guide of nursing practice. With this theoretical approach, nursing is expected to be able to overcome the limitations and inability of the patients and actively involve patients in the treatment process through self-care behaviors. The aims of this paper is to analyze the implementation of nursing care, application of evidence based nursing practice, and innovation program which integrated to clinical practice. Based on patient collective data, that was found that the majority of diabetes mellitus patients had been hospitalized with diabetic foot ulcers complications that caused by non-optimal foot self-care behavior. The results of evidence based nursing practice showed that the diabetic foot care education program can improve the knowledge and build the foot self-care behavior as early prevention action. The results of innovation program through self-health assessment program are patients could assess their needs of educations and get health education according to assessment results. In conclusion, it's needed to improve the quality in caring for diabetes mellitus patients through application of nursing theory to increase the self-care behaviors in management of disease. ;Diabetes mellitus is a metabolic disorder that characterized by chronic

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