

# Pemberdayaan komunitas dalam pemantauan diet dan aktifitas fisik pada Lansia DM di Kelurahan Sukamaju Baru Tapos Kota Depok = Empowerment community in monitoring diet and activity physically on elderly DM in New Sukamaju Tapos Depok

Kusdiah Eny Subekti, author

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## Abstrak

**ABSTRAK**  
Lansia merupakan kelompok rentan yang memiliki penyakit kronik karena menurunnya kemampuan fisik, psikologis dan sosialnya. Prevalensi lansia DM di Jawa Barat mengalami peningkatan dari 1,3% menjadi 2% di tahun 2013. Lansia memerlukan dukungan dari masyarakat sekitarnya, terutama kader dalam memberikan pelayanan kesehatan terkait DM. Salah satu jenis pelayanan kesehatan yang diberikan kepada kelompok lansia di posbindu PTM diantaranya pemeriksaan adanya gula dalam urine sebagai deteksi awal adanya penyakit diabetes mellitus, pemeriksaan aktivitas sehari-hari, pemeriksaan status gizi, dan kegiatan olah raga. Dukungan dari keluarga, teman, dan kader kesehatan sangat penting untuk membuat perubahan gaya hidup dalam hal diet dan pola aktivitas. Praktik residensi bertujuan memberi gambaran pemantauan diet dan aktivitas sebagai bentuk pemberdayaan kader dalam mempertahankan kadar gula darah pada lansia DM. Hasil evaluasi kegiatan didapatkan : terjadi peningkatan pengetahuan kader dari rata-rata 3,29 menjadi 9,84; peningkatan sikap kader dari rata-rata 33,29 menjadi 36,50; peningkatan keterampilan kader dari rata-rata 29,29 menjadi 32,50, dan penurunan kadar gula setelah dilakukan pemantauan diet dan aktivitas sebesar 63%. Pendidikan kesehatan dapat dilakukan secara individual maupun berkelompok oleh petugas kesehatan atau kader yang telah mendapat pelatihan. Pemberdayaan kader dapat meningkatkan pengetahuan, sikap dan keterampilan kader. Puskesmas perlu memberikan bimbingan dan pembinaan bagi kader kesehatan untuk meningkatkan asuhan keperawatan lansia DM.

**ABSTRACT**  
Elderly who is vulnerable groups have the disease chronicle because declines in physical performance, social and psychological. The prevalence of seniors dm in west java has increased from 1.3 % to 2 percent in 2013. Elderly requiring support from the community surrounding, especially kaders in providing health services associated dm on elderly. One of the health services provided for the elderly in posbindu PTM examination of the sugar in urine as the detection of the beginning of disease diabetes mellitus, the daily activities investigation day, a nutrition status, and activities sports. Support of the family, friends, and healthcare very important to make lifestyle change in the diet and the activity. The research aims to give a sense of monitoring of diet and activity as a form of cadres in empowerment maintain blood sugar concentration on elderly dm. The evaluation of these activities : increased cadre of knowledge than average 3,29 become 9,84. Increased cadre of attitude than average 33,29 become 36,50. Cadres increasing skill than average 29,29 become 32,50. The decline in a sugar after monitoring

diet and activity of 63 %. Health education can be carried out individual and groups for health workers or cadres have received the training. Empowerment cadres can increase of knowledge , attitudes and skill cadres. Puskesmas needs to give guidance and flanking for health cadres to increase the care of nursing elderly dm. ;Elderly who is vulnerable groups have the disease chronicle because declines in physical

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