

# Peningkatan kemampuan aggregate dewasa melalui manajemen tanda dan gejala DM (mandala DM) dalam proses kelompok di kelurahan Srengseng Sawah = Improving the capacity of adult aggregate through the diabetes signs and symptoms management mandala DM in Srengseng Sawah

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## Abstrak

Karya Ilmiah Akhir Spesialis ini bertujuan untuk memberikan gambaran penerapan program Manajemen tanda dan gejala DM (Mandala DM) sebagai bentuk intervensi keperawatan komunitas pada aggregate dewasa dengan DM. Program Mandala DM yang diterapkan merupakan strategi intervensi keperawatan yang dikhususkan untuk meningkatkan keaktifan dan kemandirian aggregate dewasa dengan DM, keluarga dan masyarakat melalui Self Help Group (SHG). Perumusan program Mandala DM menggunakan integrasi teori manajemen, community as partner, family centered nursing, dan preceed proceed model. Hasil memperlihatkan bahwa terjadi peningkatan pengetahuan, keterampilan, sikap dan persepsi serta penurunan kadar gula darah 10-20 mg/ dl. Peningkatan kesehatan dan kemandirian juga ditunjukkan oleh 10 keluarga binaan. Selanjutnya Dinas Kesehatan, puskesmas, perawat komunitas dan masyarakat terutama aggregate dewasa dapat menggunakan program ini dalam mengendalikan masalah DM.

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This aim of this final assignment is provide an overview of the application of signs and symptoms management program of diabetes mellitus (Mandala DM) as a form of community nursing intervention in adults aggregate with DM. The Mandala DM program applied as nursing intervention strategy to enhance the activity and independence of adult with diabetes, their families and communities through the Self Help Group (SHG). Mandala DM program applied the integration of management theory, community as partner, family centered nursing, and preceed proceed models.

The results showed that an increased in knowledge, skills, attitude and perception about DM, and decreased in blood sugar levels of 10-20 mg / dl. The improved health of adult diabetes is also indicated by the 10 families assisted. This study recommends that the Department of Health, community health centers, community nurses and community, especially the adults aggregate to use this program to control the DM.