

EFEKTIVITAS DIABETES SELF-MANAGEMENT EDUCATION (DSME) TERHADAP SELF CARE PASIEN DENGAN LUKA ULKUS DIABETIKUM

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ABSTRAK

Ulkus diabetikum merupakan salah satu komplikasi kronis dari diabetes melitus yang dapat menimbulkan infeksi serius hingga amputasi. Rendahnya kemampuan perawatan diri menjadi faktor utama dalam terjadinya luka kronis pada pasien. Penelitian ini bertujuan untuk mengevaluasi efektivitas intervensi *Diabetes Self-Management Education* terhadap peningkatan kemampuan perawatan diri pasien diabetes melitus dengan ulkus diabetikum di RSUD Banjarmasin. Desain penelitian menggunakan kuasi-eksperimental dengan pendekatan *one group pre-test and post-test*. Sampel berjumlah 30 pasien yang dipilih melalui teknik total sampling. Intervensi diberikan selama tujuh hari dengan metode edukasi terstruktur yang meliputi pengenalan penyakit, perawatan kaki, pemantauan glukosa darah, pengaturan diet dan aktivitas fisik, serta kepatuhan terhadap terapi. Tingkat perawatan diri diukur dengan kuesioner *Summary of Diabetes Self-Care Activities* sebelum dan sesudah intervensi. Hasil analisis *paired sample t-test* menunjukkan perbedaan signifikan ($p < 0,001$) antara skor sebelum dan sesudah intervensi. Penelitian ini menyimpulkan bahwa edukasi manajemen diri diabetes efektif meningkatkan kemampuan perawatan diri pasien dengan ulkus diabetikum, sehingga layak diterapkan secara rutin di pelayanan kesehatan.

ABSTRACT

Diabetic ulcers are among the chronic complications of diabetes mellitus that may lead to severe infections and even amputation. Poor self-care ability is a major factor contributing to the development of chronic wounds in patients. This study aimed to evaluate the effectiveness of Diabetes Self-Management Education in improving self-care ability among patients with diabetic ulcers at Banjarmasin General Hospital. A quasi-experimental design with a one-group pre-test and post-test approach was employed. The sample consisted of 30 patients selected through total sampling. The intervention was delivered for seven consecutive days using a structured educational method that included disease introduction, foot care, blood glucose monitoring, dietary and physical activity management, and adherence to therapy. Self-care ability was measured using the Summary of Diabetes Self-Care Activities questionnaire before and after the intervention. The results of the paired sample t-test showed a significant difference ($p < 0.001$) between pre- and post-intervention scores. This study concluded that diabetes self-management education was effective in enhancing self-care ability among patients with diabetic ulcers and should be routinely implemented in healthcare services.

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