

ABSTRACT

DESCRIPTION OF SELF CARE MANAGEMENT OF TYPE 2 DIABETES MELLITUS PATIENTS

(Descriptive Study at the Internal Medicine Clinic Dr. Mohammad Soewandhie Hospital Surabaya)

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Diabetes Mellitus Type 2 was a chronic disease characterized by increased glucose levels in the body. Effective self-care management, including diet management, physical exercise, blood sugar monitoring, pharmacological therapy, and foot care, was essential for managing the condition. At the internal medicine polyclinic of RSUD dr. Mohammad Soewandhie, some patients did not adhere to their medication regimen, as indicated by the accumulation of leftover medication during check-ups, and neglected routine blood sugar checks, often because they experienced no complaints. This study aimed to determine the self-care management practices of Type 2 Diabetes Mellitus patients at RSUD dr. Mohammad Soewandhie Surabaya. A descriptive study design was employed, using consecutive sampling. Out of 78 accessible respondents, 65 met the inclusion criteria. Data were collected using a self-care management questionnaire. The results showed that the majority (78.5%) of patients had poor self-care management. Based on these findings, it is recommended that hospitals, particularly the Health Promotion team, enhance counseling programs on Diabetes Self-Care Management Education, covering diet management, exercise, blood sugar monitoring, therapy, and foot care.

Keywords: *Self-Care Management, Type 2 Diabetes Mellitus*

ABSTRAK

GAMBARAN *SELF CARE MANAGEMENT* PASIEN DIABETES MELITUS TIPE 2 (Studi Deskriptif Di Poli Penyakit Dalam RSUD Dr. Mohammad Soewandhie Surabaya)

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Diabetes Melitus Tipe 2 adalah penyakit kronis yang ditandai dengan peningkatan kadar glukosa dalam tubuh. Diabetes Melitus Tipe 2 membutuhkan *Self Care Management* (pengaturan diet, latihan fisik, monitoring gula darah, terapi farmakologis dan perawatan kaki) baik. Fenomena yang terjadi di poli penyakit dalam RSUD dr. Mohammad Soewandhie masih ada pasien yang tidak minum obat secara rutin dibuktikan dengan jumlah sisa obat yang masih banyak saat kontrol dan tidak melakukan pemeriksaan gula darah rutin karena merasa tidak ada keluhan. Tujuan penelitian ini adalah untuk mengetahui Gambaran *Self Care Management* Pasien Diabetes Melitus Tipe 2 di RSUD dr. Mohamad Soewandhie Surabaya. Desain penelitian ini adalah deskriptif. Jumlah populasi terjangkau sebanyak 78 responden dan didapatkan sampel yang memenuhi kriteria inklusi sebanyak 65 responden dengan *consecutive sampling*. Instrumen pada penelitian ini menggunakan kuesioner *self care management*. Pengisian kuesioner *self care management* didahului dengan pemberian informasi. Responden yang bersedia selanjtnya diberikan *informed consent*. Hasil penelitian ini didapatkan sebagian besar (78,5%) *self care management* diabetes melitus buruk. Berdasarkan data diatas, perlunya rumah sakit terkhusus tim Promosi Kesehatan Rumah Sakit untuk meningkatkan pengetahuan penderita DM melalui edukasi atau program penyuluhan tentang *Diabetes Self Care Management Education*.

Kata Kunci: *Self Care Management*, Diabetes Melitus Tipe 2