

Upaya peningkatan persepsi perawatan kaki pasien Diabetes Melitus tipe 2: *Action Research* di Klinik Pratama 24 jam Firdaus UMY

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ABSTRAK

Latar Belakang Masalah. Pasien diabetes melitus jarang mendapatkan edukasi kesehatan mengenai perawatan kaki dari layanan kesehatannya, sehingga mempunyai persepsi bahwa perawatan kaki tidak dibutuhkan oleh pasien diabetes melitus. Tujuan penelitian ini adalah untuk meningkatkan persepsi perawatan kaki pasien diabetes melitus tipe 2 di Klinik Pratama 24 jam Firdaus UMY. **Metode Penelitian.** Jenis penelitian ini adalah kualitatif dengan desain *action research*, yang terdiri dari 3 siklus. Subyek penelitian ini adalah pasien penderita diabetes melitus tipe 2 Klinik Pratama 24 jam Firdaus UMY sebanyak 6 orang. **Hasil Penelitian.** Sebelum mendapat intervensi, pasien diabetes melitus mempunyai persepsi bahwa perawatan kaki tidak dibutuhkan oleh pasien diabetes melitus dan belum melakukan perawatan kaki secara khusus, akibat kurang informasi tentang perawatan kaki. Perawatan kaki yang dilakukan selama ini sama seperti perawatan kaki orang sehat. Setelah mendapatkan edukasi dan menjalankan perawatan kaki pada siklus I, pasien diabetes melitus berpersepsi bahwa perawatan kaki itu penting. Pasien diabetes melitus merasakan gangguan di kaki seperti kesemutan, pegal dan nyeri di kaki berkurang setelah menjalani senam kaki pada siklus II. Hingga evaluasi siklus III pasien diabetes melitus masih menjalankan perawatan kaki. Perawatan kaki telah menjadi rutinitas setiap hari karena telah merasakan manfaatnya. **Kesimpulan.** Berdasarkan analisis terhadap hasil *Focus Group Discussion* (FGD) dan wawancara pada penderita diabetes melitus tipe 2 didapatkan hasil bahwa Pelatihan perawatan kaki bagi penderita diabetes melitus tipe 2 dapat meningkatkan persepsi mengenai pentingnya perawatan kaki dan bermanfaat sehingga mereka tetap patuh mengerjakan perawatan kakinya.

Kata Kunci : Pendidikan Kesehatan, Diabetes Melitus, Perawatan Kaki

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**ENHANCING PATIEN'S PERCEPTION ON DIABETIC FOOT
CARE IN DIABETIC MELLITUS TYPE 2 : ACTION RESEARCH
IN THE FIRDAUS PRIMARY CLINIC UMY**

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ABSTRACT

Background: Diabetic Mellitus (DM) patient rarely to obtain health education related foot care from the health services, therefore patients perceived that DM foot care is unnecessary. This study was aimed to enhance the patient's perception on Diabetic foot care in DM type 2 in the Firdaus Primary Clinic Muhammadiyah University of Yogyakarta (UMY). **Methods:** Qualitative study with action research design which composed three cycles was applied to frame this study. Six of DM type 2 clients in the Firdaus Primary Clinic Muhammadiyah University of Yogyakarta (UMY) were selected to participate as respondents in this research. **Findings:** Before received intervention, DM patients were assumed that foot care was not being required and has not performed special foot care yet. This might happen because insufficient information related the diabetic foot care. DM type 2 client have perceived that diabetic foot care was the same treatment like healthy people have. After received intervention and perform the foot care at the first cycle, the DM patients were perceived that foot care is important. They felt some foot disorder such as numb, aches and pain were decreased after performing the foot care at the second stage. Moreover, at the third cycle evaluation's patients still conducting the foot care. Furthermore, diabetic foot care has become daily activity because they felt the advantages. **Conclusion:** Based on the Focus Group Discussion (FGD) analysis and interview with the DM type 2 patients found that the diabetic foot care training could improve perception related the importance and beneficence of foot care so that patients keep performing the foot care.

Key Words : Health education, Diabetic Mellitus, Foot care

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