

**Efektivitas *Cleansing* Luka Menggunakan Infusa Daun Jambu Biji 20%  
Dengan Teknik *Showering* Tekanan 15 Psi terhadap Penyembuhan  
Ulkus Kaki Diabetik Di Klinik Kitamura Pontianak**

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**ABSTRAK**

**Latar Belakang :** Ulkus kaki diabetik (UKD) merupakan komplikasi kronis diabetes mellitus (DM) dengan angka kejadian sebesar 15%-25%. Cairan *cleansing* yang umum dipakai adalah NaCl 0.9%, sedangkan cairan alternatif berupa air ozon dan infusa daun jambu biji 20% karena mempunyai daya antiseptik. Teknik *showering* tekanan 15 Psi merupakan teknik terbaik dalam *cleansing* luka karena paling efektif dalam menghilangkan kotoran dan bakteri pada luka. **Tujuan :** Mengetahui pengaruh *cleansing* luka menggunakan infusa daun jambu biji 20% dengan teknik *showering* tekanan 15 Psi terhadap penyembuhan UKD. **Metode :** Penelitian ini menggunakan metode *quasiy experimental* dengan *pre post-test control group design*. Total sampel 66 responden yang dibagi menjadi kelompok infusa daun jambu biji 20%, NaCl 0.9% dan air ozon. Setiap kelompok dilakukan *cleansing* luka menggunakan teknik *showering* tekanan 15 Psi sebanyak 15 kali selama sebulan. Teknik sampling menggunakan *consecutive sampling* dan penilaian skor penyembuhan luka menggunakan instrumen *Bates Jensen Wound Assessment Tools* (BJWAT). **Hasil:** Skor BJWAT pada setiap kelompok yaitu kelompok infusa daun jambu biji 20%, air ozon dan NaCl 0.9% memiliki nilai signifikansi masing-masing ( $p=0.001$ ), ( $p=0.018$ ) dan ( $p=0.012$ ). **Kesimpulan :** Infusa daun jambu biji 20% menunjukkan hasil paling signifikan dalam menurunkan skor BJWAT dibanding air ozon dan NaCl 0.9% pada UKD. **Saran :** Dibutuhkan penelitian lanjutan dan inovasi terkait alat *cleansing* luka yang lebih praktis dan efisien. **Kata Kunci :** Ulkus kaki diabetik, *Cleansing luka*, Teknik *Showering*, Infusa daun jambu biji 20%, Skor BJWAT.

***Effectiveness of Wound Cleansing Using Guava-Leaf Infusion 20% With Showering Technique Of 15 Psi Pressure Towards Healing Of Diabetic Foot Ulcer In Clinic Kitamura Pontianak***

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**ABSTRACT**

**Background:** Diabetic foot ulcer (DFU) is a chronic complication of diabetes mellitus (DM) with 15% - 25% incident rates. Cleansing liquid used commonly is NaCl 0.9%, while the alternative liquids are ozone water and guava-leaf infusion 20% due to the anti septic effect. Showering technique of 15 psi pressure is the best technique of wound cleansing because it can remove those wound waste and the bacteria. **Objective:** To determine the influence of wound cleansing used guava-leaf infusion 20% with showering technique of 15 Psi pressure towards healing of DFU. **Methods:** Research design was quasy-experiment with pre post-test control group design. Total samples were 66 respondents divided into groups of guava-leaf infuse 20%, NaCl 0.9% and ozone water. Each group was conducted wound cleansing with showering technique of 15 Psi pressure for 15 interventions in a month. This research used consecutive sampling and assessment score of wound healing used instrument of Bates Jensen Wound Assessment Tools (BJWAT). **Results:** BJWAT score in each group of guava-leaf infuse 20%, ozone water and NaCl 0.9% had significant value of ( $p = 0.001$ ), ( $p = 0.018$ ) and ( $p = 0.012$ ). **Conclusion:** guava-leaf infuse 20% showed the most significant result in reducing BJWAT score than ozone water and NaCl 0.9% towards DFU. **Suggestion:** It was needed advanced research and innovation related to wound cleansing tool that was more practical and efficient. **Keywords:** diabetic foot ulcer, wound cleansing, showering Technique, guava-leaf infuse 20%, BJWAT score.