

**APPLICATION OF HEALTH EDUCATION DIET DIABETES IN THE
FAMILY WITH CLIENT DIABETES MELITUS
IN THE WORKING AREA OF PUSKESMAS SEWON II**

Winda Arifa Siswanjani¹, Bondan Palestin², Maria H. Bakri³
Department of Nursing Poltekkes Kemenkes Yogyakarta
Jalan Tatabumi No.3, Banyuraden, Gamping, Sleman, Yogyakarta 55293
E-mail : windarifa90@gmail.com

ABSTRACT

Health education diabetic diet provides information about a healthy diet for people with type 2 diabetes mellitus in accordance with 3J dietary guidelines, namely eating hours, the number of calories, and types of food. The implementation of health education on diabetic diet is done in two families with one of the family member is diabetes mellitus patient in Puskesmas Sewon II work area. The type of research used is case study. The subjects of the study were two families who had family members of type 2 diabetes mellitus, patients in case 1 was 49 years old and case 2 was 44 years old. The research instrument used in the form of family nursing care assessment format, list of food menu selection plans, diet discipline schedule checklist, blood sugar control card, flipchart, leaflet, and easy touch GCU. The study was conducted from May to July with 8 visits. The results showed that in case 1 blood sugar levels were unstable and did not comply with dietary discipline while in case 2 blood sugar levels were stable and obedient in carrying out dietary discipline. Implementation of health education diabetes diet and regular control of blood sugar levels can increase the motivation of type 2 diabetes mellitus to run the disciplinary adherence of diabetes diet.

Keywords : Diabetes Mellitus, Diet, Blood Sugar Level, Health Education

¹ Student of Poltekkes Kemenkes Yogyakarta

² Polytechnic lecturer Kemenkes Yogyakarta

³ Polytechnic lecturer Kemenkes Yogyakarta

**PENERAPAN PENDIDIKAN KESEHATAN DIET DIABETES PADA
KELUARGA DENGAN KLIEN DIABETES MELITUS
DI WILAYAH KERJA PUSKESMAS SEWON II**

Winda Arifa Siswanjani¹, Bondan Palestin², Maria H. Bakri³
Jurusan Keperawatan Poltekkes Kemenkes Yogyakarta
Jalan Tatabumi No.3, Banyuraden, Gamping, Sleman, Yogyakarta 55293
E-mail : windarifa90@gmail.com

INTISARI

Pendidikan kesehatan diet diabetes memberi informasi tentang pola makan sehat untuk penderita diabetes melitus tipe 2 sesuai dengan pedoman diet 3J, yaitu jam makan, jumlah kalori, dan jenis makanan. Penerapan pendidikan kesehatan diet diabetes dilakukan pada dua keluarga dengan salah satu anggota keluarga merupakan penderita diabetes melitus di wilayah kerja Puskesmas Sewon II. Jenis penelitian yang digunakan adalah studi kasus. Subjek penelitian adalah dua keluarga yang memiliki anggota keluarga penderita diabetes melitus tipe 2, penderita pada kasus 1 berusia 49 tahun dan kasus 2 berusia 44 tahun. Instrumen penelitian yang digunakan berupa format pengkajian asuhan keperawatan keluarga, daftar rencana pilihan menu makanan, *checklist* jadwal disiplin diet, kartu kontrol gula darah, lembar balik, *leaflet*, dan *easy touch* GCU. Penelitian dilakukan dari bulan Mei-Juli dengan 8 kali kunjungan. Hasil penelitian menunjukkan bahwa pada kasus 1 kadar gula darah tidak stabil dan tidak patuh menjalankan disiplin diet sedangkan pada kasus 2 kadar gula darah stabil dan patuh menjalankan disiplin diet. Penerapan pendidikan kesehatan diet diabetes dan kontrol rutin kadar gula darah dapat meningkatkan motivasi penderita diabetes melitus tipe 2 untuk menjalankan kepatuhan disiplin diet diabetes.

Kata Kunci : Diabetes Melitus, Diet, Kadar Gula Darah, Pendidikan Kesehatan

¹ Mahasiswa Poltekkes Kemenkes Yogyakarta

² Dosen Poltekkes Kemenkes Yogyakarta

³ Dosen Poltekkes Kemenkes Yogyakarta