

**PENGELOLAAN DIABETES MELITUS LANSIA SECARA MANDIRI
PADA MASA PANDEMI COVID-19 DI WILAYAH KERJA
PUSKESMAS PUNDONG**

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Abstrak

Latar Belakang: Diabetes Melitus atau sering disebut dengan kencing manis adalah suatu penyakit kronik yang terjadi ketika tubuh tidak dapat memproduksi cukup insulin atau tidak dapat menggunakan insulin (resistensi insulin). Diabetes Melitus merupakan salah satu faktor risiko meningkatnya keparahan infeksi Covid-19. Pemeliharaan kesehatan selama masa pandemi Covid- 19 secara mandiri berfokus pada empat pilar DM yang meliputi edukasi, terapi gizi medis, latihan jasmani, terapi farmakologi, pemeriksaan GDS dan HbA1c diberikan agar tercapai kualitas hidup yang lebih baik.

Tujuan: Penelitian ini bertujuan untuk mengetahui pengelolaan diabetes melitus secara mandiri yang dilakukan lansia pada masa pandemi covid-19 di wilayah kerja Puskesmas Pundong.

Metode: Penelitian ini merupakan penelitian deskriptif survey yang dilakukan terhadap 58 responden dengan diabetes melitus di Kalurahan Srihardono. Pengumpulan data dilakukan menggunakan lembar kuesioner

Hasil: Hasil penelitian menunjukkan bahwa perilaku pengelolaan diabetes melitus secara mandiri di Kalurahan Srihardono sebagian besar pada kategori cukup (55,1%). Pengaturan pola makan (diet) (69,0%), latihan fisik (olahraga) (50,0%), perawatan kaki (48,2%), minum obat diabetes (55,1%), monitoring gula darah 63,7% dan kepatuhan menerapkan protokol kesehatan (55,1%).

Kesimpulan: Perilaku klien dalam pengelolaan diabetes melitus secara mandiri di Kalurahan Srihardono sebagian besar dalam kategori cukup. Diharapkan program kesehatan PROLANIS yang sudah ada di puskesmas dikembangkan dengan mengadakan pelayanan secara online supaya pelayanan tetap dapat berjalan dengan baik di masa pandemi covid-19.

Kata Kunci: pengelolaan, perilaku, perawatan diri, diabetes melitus

INDEPENDENT MANAGEMENT OF DIABETES MELLITUS IN THE ELDERLY DURING THE COVID-19 PANDEMIC IN THE WORK AREA OF THE PUNDONG HEALTH CENTER

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Abstract

Background: Diabetes Mellitus or often referred to as diabetes is a chronic disease that occurs when the body cannot produce enough insulin or cannot use insulin (insulin resistance). Diabetes Mellitus is one of the risk factors for increasing the severity of Covid-19 infection. Health care during the COVID-19 pandemic independently focuses on the four pillars of DM which include education, medical nutrition therapy, physical exercise, pharmacological therapy, GDS and HbA1c examinations to achieve a better quality of life.

Objective: This study aims to determine the independent management of diabetes mellitus carried out by the elderly during the covid-19 pandemic in the Pundong Health Center work area.

Methods: This research is a descriptive survey research conducted on 58 respondents with diabetes mellitus in Srihardono Village. Data collection was carried out using a questionnaire sheet

Results: The results showed that the behavior of managing diabetes mellitus independently in Srihardono Village was mostly in the sufficient category (55.1%). Regulating diet (diet) (69.0%), physical exercise (sports) (50.0%), foot care (48.2%), taking diabetes medication (55.1%), blood sugar monitoring 63.7 % and health protocol discipline (55,1%).

Conclusion: The behavior of clients in managing diabetes mellitus independently in Srihardono Village is mostly in the sufficient category. It is hoped that the PROLANIS health program that already exists at the puskesmas is developed by providing online services so that services can continue to run well during the covid-19 pandemic.

Keywords: management, behavior, self-care, diabetes mellitus