

Universitas Ngudi Waluyo
Program Studi S1 Keperawatan
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“Hubungan Lama Menderita Diabetes Mellitus dengan Kejadian *Diabetic Foot Ulcer* pada Pasien Diabetes Mellitus di Klinik Perawatan Luka Diabetes di Kabupaten Kendal”.

ABSTRAK

Latar Belakang : Ulkus kaki diabetik merupakan salah satu komplikasi yang sering terjadi pada penderita DM yang telah menderita selama 10 tahun atau lebih. Perawatan kaki yang tidak teratur menyebabkan terjadinya ulkus kaki diabetik.

Tujuan : Mengetahui hubungan lama menderita diabetes mellitus dengan kejadian *diabetic foot ulcer* pada pasien diabetes mellitus di Klinik Perawatan Luka Diabetes di Kabupaten Kendal.

Metode : Desain penelitian ini deskriptif korelatif dengan pendekatan *cross sectional*. Populasi penelitian ini pasien DM yang melakukan pemeriksaan di Klinik Perawatan Luka Diabetes di Kabupaten Kendal dengan sampel 48 orang diambil dengan teknik *total sampling*. Alat pengumpulan data yang digunakan adalah lembar pengumpulan data dan data dianalisis dengan uji *chi square* yang diolah dengan program pengolahan data SPSS.

Hasil : Pasien DM di klinik perawatan luka diabetes sebagian besar mempunyai lama menderita DM ≥ 10 tahun (52,1%) dan sebagian besar tidak mengalami *diabetic foot ulcer* (77,1%). Ada hubungan yang bermakna lama menderita DM dengan kejadian *diabetic foot ulcer* pasien DM di Klinik Perawatan Luka Diabetes di Kabupaten Kendal, dengan *p value* sebesar $0,010 < \alpha (0,05)$.

Saran : Penderita DM yang lama menderita DM ≥ 10 tahun agar tetap memperhatikan kondisi tubuh dikarenakan semakin lama menderita DM maka kemungkinan terjadinya hiperglikemia kronik. Bagi penderita DM yang telah mengalami ulkus kaki agar melakukan perawatan kaki secara rutin dan mandiri berdasarkan tips-tips untuk mengantisipasi ulkus tidak berkembang.

Kata Kunci : lama menderita, kejadian *diabetic foot ulcer*, diabetes mellitus

Kepustakaan : 63(2016-2020)

Universitas Ngudi Waluyo
S1 Nursing Study Program
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"Relationship between Long Suffering Diabetes Mellitus and Diabetic Foot Ulcer Incidence in Diabetes Mellitus Patients at Diabetic Wound Care Clinics in Kendal District".

ABSTRACT

Background: Diabetic foot ulcers are a complication that often occurs in DM patients who have suffered for 10 years or more. Irregular foot care causes diabetic foot ulcers.

Objective: To determine the relationship between duration of diabetes mellitus and the incidence of diabetic foot ulcers in diabetes mellitus patients at the Diabetes Wound Care Clinic in Kendal District.

Methods: The research design is descriptive correlative with a cross sectional approach. The population of this study was DM patients who were examined at the Diabetes Wound Care Clinic in Kendal Regency with a sample of 48 people taken by total sampling technique. The data collection tool used was data collection sheets and data were analyzed by the chi square test which was processed by the SPSS data processing program.

Results: DM patients at the diabetic wound care clinic had diabetes for ≥ 10 years (52.1%) and most did not have diabetic foot ulcers (77.1%). There is a significant relationship between the duration of suffering from DM and the incidence of diabetic foot ulcers in DM patients at the Diabetic Wound Care Clinic in Kendal Regency, with a *p value* of $0.010 < \alpha (0.05)$.

Suggestion: DM sufferers who have long suffered from DM ≥ 10 years to pay attention to the condition of the body because the longer they suffer from DM, the possibility of chronic hyperglycemia. For DM sufferers who have experienced foot ulcers, it is advisable to carry out routine and independent foot care based on tips to anticipate ulcers not developing.

Keywords: duration of suffering, incidence of diabetic foot ulcer, diabetes mellitus

Bibliography : 63(2016-2020)