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Pengelolaan Defisit Pengetahuan Dengan Edukasi Kesehatan Pada Keluarga Tahap 8 Riwayat Diabetes Melitus Tipe II Di Wilayah Puskesmas Bawen

ABSTRAK

Diabetes melitus tipe II yaitu penyakit metabolisme yang sering menyerang lansia, perawatannya sering sulit dipahami namun juga bisa dilakukan dalam tatanan keluarga. Lansia termasuk dalam tahap perkembangan keluarga ke 8, untuk mengatasi masalah tersebut memerlukan edukasi untuk meningkatkan pengetahuan lansia.

Karya Tulis Ilmiah ini bertujuan memberikan gambaran pengelolaan defisit pengetahuan dengan penerapan edukasi kesehatan pada keluarga tahap 8 riwayat diabetes melitus tipe II di wilayah Puskesmas Bawen.

Metode yang digunakan berupa jenis penelitian deskriptif dengan pendekatan proses asuhan keperawatan yang meliputi pengkajian, analisis data, intervensi, implementasi, dan evaluasi.

Hasil dari pengelolaan didapatkan masalah defisit pengetahuan yang dilatar belakangi adanya masalah kognitif sehingga memerlukan sebuah intervensi yaitu edukasi kesehatan. Edukasi kesehatan mampu meningkatkan tingkat pengetahuan dengan kriteria hasil mampu menjelaskan pengetahuan tentang suatu topik. Berdasarkan tindakan keperawatan yang telah dilakukan masalah defisit pengetahuan teratasi.

Edukasi kesehatan dengan 3 materi yaitu mengenal penyakit diabetes melitus, diet tepat bagi penderita diabetes melitus, dan senam kaki diabetik dapat mengatasi masalah defisit pengetahuan pada keluarga tahap 8 riwayat diabetes melitus tipe II.

Saran bagi perawat adalah melakukan edukasi kesehatan dengan pengelompokkan materi untuk mengatasi masalah defisit pengetahuan yang terjadi pada keluarga tahap 8 dengan riwayat diabetes melitus tipe II.

Kata kunci : Defisit Pengetahuan, Diabetes Melitus Tipe II, Edukasi Kesehatan, Keluarga Tahap 8

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**Management Of Knowledge Deficits Through Health Education For Families In Stage 8
With A History Of Type II Diabetes Mellitus In The Bawen Public Health Center Area**

ABSTRACT

Type II Diabetes Mellitus is a metabolic disease that commonly affects the elderly. Its management is often difficult to understand but can be implemented within the family setting. Elderly individuals are in the eighth stage of family development, which requires education to improve their knowledge and ability to manage the disease.

This scientific paper aims to describe the management of knowledge deficits through the implementation of health education for families in the eighth stage of development with a history of type II diabetes mellitus in the Bawen Public Health Center area.

The method used is a descriptive study with a nursing care process approach, consisting of assessment, data analysis, intervention, implementation, and evaluation. The results showed that the knowledge deficit was primarily caused by cognitive issues, which required an intervention in the form of health education. Health education effectively improved the participants' level of knowledge, as evidenced by their ability to explain the topics provided. Based on the nursing actions carried out, the knowledge deficit problem was resolved.

The health education included three key materials: understanding diabetes mellitus, appropriate diets for people with diabetes, and diabetic foot exercises. These materials successfully addressed the knowledge deficit among families in the eighth stage of development with a history of type II diabetes mellitus.

It is recommended that nurses provide structured health education with well-organized materials to help overcome knowledge deficits in families in this stage who have a history of type II diabetes mellitus.

Keywords : Knowledge Deficit, Type II Diabetes Mellitus, Health Education, Stage 8 Family