

ABSTRAK

PERBANDINGAN EFEKTIVITAS INTERVENSI *SELF-MANAGEMENT*
SECARA ONLINE DAN SECARA LANGSUNG TERHADAP KONTROL
GLIKEMIK PASIEN DIABETES MELLITUS :
SYSTEMATIC REVIEW

Oleh: Hurin'in Aisy Bairdah

Latar Belakang: Kontrol glikemik yang buruk pada DM memiliki dampak negatif pada kegagalan pengobatan yang akan berefek pada kesehatan yang buruk. Strategi dalam mengatasi kontrol glikemik pada pasien DM adalah merubah gaya hidup melalui *self-management* sesuai dengan pedoman klinis. Tujuan dari *Systematic review* ini adalah menganalisis pengaruh intervensi *self-management* terhadap kontrol glikemik pasien DM. **Metode:** *Systematic review* mengakses lima *database* elektronik (*Scopus, ProQuest, Science Direct, CINAHL, dan Pubmed*). Pencarian dilakukan mulai dari Mei-Juni 2020. Menilai kualitas artikel menggunakan *The Center for review and Dissemination and the Joanna Briggs Institute Guideline* dan *Prisma checklist* sebagai petunjuk dalam membuat review ini. Judul, abstrak, *full-text* dan metodologi dinilai untuk eligibilitas studi. **Hasil:** Sebanyak 25 artikel dianalisis. Intervensi *Self-management* secara online dan secara langsung digunakan sebagai metode dalam meningkatkan kontrol glikemik pasien DM. Desain penelitian terdiri dari 22 artikel menggunakan *Randomized Controlled Trial*, 1 menggunakan desain observasional; 2 artikel menggunakan *Quasi-Experiment*. Intervensi *Self-management* secara online dan secara langsung dengan berbagai macam metode efektif meningkatkan kontrol glikemik pasien DM dengan beragam hasil, akan tetapi intervensi secara online tidak dapat menggantikan kontak langsung dan pemeriksaan fisik. **Kesimpulan:** Intervensi *self-management* secara online dan secara langsung memberikan hasil yang signifikan pada peningkatan kontrol glikemik, ditandai dengan penurunan HbA1c dan kadar glukosa darah.

Keyword: Intervensi, *Self-Management*, Kontrol Glikemik, Diabetes Mellitus

ABSTRACT

**COMPARISON OF EFFECTIVITY BETWEEN ONLINE AND DIRECT
SELF-MANAGEMENT INTERVENTIONS ON GLYCEMIC CONTROL OF
DIABETES MELLITUS PATIENTS :
SYSTEMATIC REVIEW**

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Introduction: Poor glycemic control in DM has a negative impact on treatment failure which will have an effect on poor health. The strategy to overcome glycemic control in DM patients is to change lifestyles through self-management in accordance with clinical guidelines. The purpose of this Systematic review is to analyze the effect of self-management interventions on the glycemic control of DM patients. **Methods:** A systematic review searched five electronic databases (Scopus, ProQuest, Science Direct, CINAHL, and Pubmed). The review was conducted from May-June 2020. To assess the quality of articles used The Center for review and Dissemination and the Joanna Briggs Institute Guidelines and Prisma checklist as a guide in doing this review. Title, abstract, full-text, and methodology were assessed for the study's versatility. **Results:** A total of 25 articles were analyzed. Online and direct self-management interventions are used as a method to improve glycemic control in DM patients. The design used consisted of 22 articles using the Randomized Controlled Trial, 1 using observational designs, and 2 articles using Quasi Eksperimsental. Online and direct self-management interventions with various methods was effective on glycemic control of DM patients with various results, but online self-management interventions cannot replace direct contact and physical examination. **Conclusion:** Online and direct self-management interventions resulted on significant improvement glycemic control, marked by decreased HbA1c and blood glucose levels.

Keyword: Self-Management, Glycemic Control, Diabetes Mellitus