

**ABSTRAK****HUBUNGAN TINGKAT PENGETAHUAN PASIEN  
DIABETES MELLITUS DENGAN PERAWATAN KESEHATAN KAKI  
DI RUANG DCP RUMAH SAKIT PETROKIMIA GRESIK****Penelitian *Diskriptif*****Oleh Nino Adianto**

Perawatan kesehatan kaki diabetik yang kurang dapat menyebabkan terjadinya ulkus yang mengarah kepada terjadinya ganggren diabetik . Perawatan kaki pasien diabetes mellitus terdiri dari deteksi kelainan kaki, latihan kaki dan praktik perawatan kaki. Tujuan dari penelitian ini adalah untuk mengetahui hubungan tingkat pengetahuan pasien diabetes mellitus dengan perawatan kesehatan kaki dalam mengurangi komplikasi kaki diabetik di ruang DCP rumah sakit petrokimia gresik.

Metode penelitian ini menggunakan desain diskriptif analitik dengan melalui pendekatan cross sectional. Jumlah sampel sebanyak 55 responden yang sesuai kriteria inklusi dan eksklusi dengan variabel independen yaitu pengetahuan sedangkan variabel dependen yaitu perawatan kesehatan kaki Instrument penelitian yaitu *Nottingham Assesment of Functional Foot Care* dan *Diabetic Foot Care Behaviour* melalui pemberian kuesioner dan lembar observasi.

Hasil penelitian dengan uji Rank Spearman rho didapatkan nilai  $p= 0,029$  ( $p < 0,05$ ), terdapat hubungan antara pengetahuan dengan perawatan kesehatan kaki. Pengetahuan dapat meningkatkan perawatan kesehatan kaki pasien Diabetes Mellitus di ruang DCP Rumah Sakit Petrokimia Gresik. Sebaiknya, dilakukan penelitian lanjutan tentang pengaruh yang mempengaruhi perawatan kesehatan kaki dan dilakukan observasi harian tentang pelaksanaan perawatan kaki.

**Kata kunci : Pengetahuan, Perawatan kesehatan Kaki**

**ABSTRACT****CORRELATION BETWEEN KNOWLEDGE PASIEN  
DIABETES MELLITUS WITH FOOT HEALTH CARE  
IN A HOSPITAL ROM PETROKIMIA DCP GRESIK****Descriptive analytic study****By Nino Adianto**

Ranks of Essential Hypertension cases in the district of East Kotawaringin reached 2nd highest of all outpatient visits at Puskesmas in 2011-2012. Puskesmas has made efforts to address hypertension by providing conventional treatment, but from interviews gathered only about 5% of patients who controls regularly and prefer to use medication natural ingredients, one of which roasted garlic. The aimed of this study was to analyze the effect of roasted garlic with filtered garlic as a comparison to changes in blood pressure in patients with Essential Hypertension and the influence of the difference between both of them.

This study used Quasy experiments design and samples were taken from patients who have recorded as population of Essensial Hypertension in Puskesmas Baamang 2. Independent variable was roasted garlic and filtered garlic, dependent variable was change of blood pressure. Purposive sampling used as sampling technique of this study and patients who are join the study of 16 respondents which divided into 8 respondents in treatment groups (roasted garlic) and 8 respondents in comparison groups (filtered garlic).

The results *T-paired* showed a significant effect of roasted garlic and filtered garlic to changes in systolic and diastolic (roasted garlic  $p=0.002$  systolic,  $p=0.003$  diastolic, filtered garlic systolic  $p=0.001$ ,  $p=0.003$  diastole). The mean of lowering BP in roasted garlic group more is than the filtered garlic group (roasted garlic, systolic=11.25 mmHg, diastolic mmHg=11,875; filtered garlic, systolic=10 mmHg, diastolic=7.5 mmHg). Test differences using the *Independent Sample Test* between treatment group and comparison group showed that no significant differences (end systolic,  $p=0.202$ , end diastolic,  $p= 0.812$ )

There was no significant difference between the roasted garlic with filtered garlic to changes in blood pressure in patients with Essential Hypertension, the nurse can recommend both of these garlic preparations as a complementary therapy in the treatment of hypertension. It is further study will be able to control the behavior and lifestyles of respondents.

**Keywords: Roasted Garlic, Filtered Garlic, Blood Pressure, Essential Hypertension**