

ABSTRAK

PENGARUH PENERAPAN *SUMMARY GUIDANCE FOR DAILY PRACTICE* (SGFDP) TERHADAP PENCEGAHAN LUKA KAKI PADA PASIEN DM TIPE 2

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Pendahuluan: Diabetes mellitus (DM) merupakan penyakit metabolik yang ditandai adanya peningkatan kadar gula dalam darah, ini terjadi karena adanya kelainan sekresi insulin, kerja insulin atau keduanya. DM dapat menyebabkan luka pada kaki, sehingga diperlukan *Summary Guidance for Daily Practice* untuk mencegah luka kaki pada DM Tipe 2. Tujuan penelitian ini mengetahui pengaruh penerapan *Summary Guidance for Daily Practice* (SGFDP) terhadap pencegahan luka kaki pada pasien DM tipe 2. **Metode:** Penelitian ini menggunakan *quasi-experimental pretest-posttest with control group design* dengan *simple random sampling*. Total populasi 120 pasien dan didapat sampel 60 pasien. Variabel independen adalah penerapan SGFDP dan variabel dependen adalah pencegahan luka kaki. Instrumen menggunakan kuesioner *Nottingham Assessment of Functional Foot Care*. Analisis menggunakan *Wilcoxon Signed Ranks Test* dan *Mann-Whitney U Test*, *Paired-Sample T Test* dan *Independent-Sample T Test*. **Hasil:** Uji *Wilcoxon Signed Ranks Test* menunjukkan terdapat perbedaan pada kelompok perlakuan ABI ($p=0,012$), Nadi ($p=0,002$). Uji *Mann-Whitney U Test* menunjukkan perbedaan pada ABI ($p=0,034$). Uji *Paired-Sample T Test* pada NAFF menunjukkan perbedaan pada kelompok kontrol ($p=0,000$) dan perlakuan ($p=0,000$). Uji *Independent-Sample T Test* pada NAFF menunjukkan perbedaan ($p=0,000$). **Diskusi:** Penerapan *Summary Guidance for Daily Practice* dapat digunakan sebagai pendekatan untuk pencegahan luka kaki pada pasien DM tipe 2 dengan support dari keluarga dan orang terdekat untuk memperkuat perilaku pada penatalaksanaan *Summary Guidance for Daily Practice*. Disarankan agar SGFDP dapat menjadi salah satu intervensi preventif yang dapat dilakukan oleh perawat untuk mencegah luka kaki pada pasien DM tipe 2.

Kata Kunci: Diabetes Mellitus, Tipe 2, *Summary Guidance for Daily Practice*, Pencegahan, Luka Kaki

ABSTRACT**THE INFLUENCE OF APPLYING SUMMARY GUIDANCE FOR DAILY PRACTICE (SGFDP) TOWARDS PREVENTION OF FOOT ULCER IN PATIENS WITH DM TyPE 2**

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Introduction: Diabetes mellitus (DM) is a metabolic disease characterized by elevated blood sugar levels, this occurs because of abnormalities of insulin secretion, insulin work or both. DM caused foot ulcer, so need Summary Guidance for Daily Practice to prevent foot ulcer in patients with DM type 2. The purpose of this study was to know the Influence of Applying Summary Guidance for Daily Practice (SGFDP) towards Prevention of Foot Ulcer in Patients with DM Type 2. **Method:** The study was used quasi-experimental pretest-posttest with control group design with simple random sampling. The population were 120 patients and obtained 60 samples who determined by inclusion and exclusion criteria. Independent variable was applying of SGFDP and dependent variable was prevention of foot ulcer. The data collected by questionnaire of Nottingham Assessment of Fuctional Foot Care and then analyze by Wilcoxon Signed Ranks Test dan Mann-Whitney U Test, Paired-Sample T Test and Independent-Sample T Test. **Result:** Wilcoxon Signed Ranks Test analyze showed there was different in treatment group of ABI ($p=0.012$), Pulse ($p=0.002$). Mann-Whitney U Test analyze showed there was different of ABI ($p=0.034$). Paired-Sample T Test analyze showed there was significat differences of NAFF in control group ($p=0.000$) and treatment group ($p=0.000$). Independent-Sample T Test analyze showed differences ($p=0.000$). **Discussion:** The applying of Summary Guidance for Daily Practice can be used as approach to prevent foot ulcer in patients with DM type 2. Suggested that SGFDP can be one of prevention intervention who applied by nurses to prevent foot ulcer with DM type 2.

Keywords: Diabetes mellitus, Type 2, Summary Guidance for Daily Practic, Prevention, Foot Ulcer