

INTISARI

Latar Belakang: Perawatan kaki merupakan sebagian upaya dari pencegahan primer pada pengelolaan kaki diabetik yang bertujuan untuk mencegah terjadinya luka.

Tujuan: Untuk mengetahui pengaruh *training foot care* diabetes melitus anggota Prolanis Puskesmas Kasihan II.

Metode: Penelitian ini menggunakan desain *quasy experiment* dengan *pre and post test control group design* dengan pendekatan *cross sectional*. Sampel penelitian berjumlah 34 responden, yaitu 17 responden kelompok kontrol dan 17 responden kelompok intervensi dipilih dengan *random sampling*. Instrumen pada penelitian ini menggunakan kuesioner modifikasi *Nothing Assessment of Functional Footcare* (NAFF) versi Bahasa Indonesia terdiri dari 13 pertanyaan dengan nilai validitas $r \geq 0,444$ dan reliabilitas dengan nilai alpha 0,75, SAP perawatan kaki DM, media edukasi berupa leaflet. Data dianalisis menggunakan *paired t-test*, *wilcoxon signed rank test*, dan *mann whitney* dengan $p < 0,05$.

Hasil: Sebagian besar responden di kedua kelompok berjenis kelamin perempuan, dengan rata-rata usia mendekati 55 tahun, lulus SLTA, bekerja sebagai IRT, menderita DM kurang dari 10 tahun, setiap hari melakukan pemeriksaan kaki, dan pernah mendapat edukasi perawatan kaki DM. Terdapat perbedaan skor perilaku perawatan kaki sebelum dan sesudah penelitian pada kelompok kontrol (Mean pre=26.12, SD pre=3.462, Mean post=27.88, SD post=3.018). Terdapat perbedaan skor perilaku perawatan kaki sebelum dan sesudah intervensi *training foot care* pada kelompok intervensi (Median pre=25, SD pre=3.659, Median post=33, SD post=1.064). Terdapat perbedaan signifikan skor perilaku perawatan kaki sesudah intervensi antara kelompok kontrol dan kelompok intervensi (Median kelompok kontrol=28, median kelompok intervensi=33, $pvalue = 0,000$)

Kesimpulan: Terdapat perbedaan perilaku perawatan kaki yang signifikan pada pasien diabetes melitus di Prolanis Puskesmas Kasihan II sesudah dilakukan intervensi antara kelompok kontrol dan intervensi. Perawat dapat menggunakan program *training foot care* untuk meningkatkan perilaku perawatan kaki DM.

Kata kunci : Diabetes Melitus, Perawatan Kaki.

ABSTRACT

Background: Foot care is part of primary prevention of diabetic foot ulcer.

Purpose: The objective of this study was to determine the effect of diabetes mellitus training foot care in Prolanis Puskesmas Kasihan II.

Method: This research used quasi-experimental design with pre and post test control group design with cross-sectional approach. The study sample consisted of 34 respondents, 17 respondents in control and intervention groups respectively who were selected by random sampling. The instrument in this study used the Indonesian version of the Nottingham Assessment of Functional Footcare (NAFF) modification questionnaire which consisted of 13 questions with a validity value of $r \geq 0.444$ and reliability with an alpha value of 0.75, DM foot care education teaching plan and leaflet. The data were analyzed by using t-test, Wilcoxon signed rank test, and Mann-Whitney test with $p < 0,05$.

Result: Most respondents in both groups were women, with an average age of close to 55 years, graduated from high school, worked as a housewife, suffered from DM less than 10 years, every day did foot examinations, and had received DM foot care education. There were differences in scores of foot care behavior before and after the study in the control group. There were differences in the scores of foot care behavior before and after the foot care intervention in the intervention group. There was a significant difference in foot care behavior scores after the intervention between the control group and the intervention group (Median control group = 28, median intervention group = 33, p value = 0,000).

Conclusion: There were significant differences in foot care behavior in patients with diabetes mellitus in the Prolanis Puskesmas Kasihan II before and after intervention in each group.

Keywords: Diabetes Mellitus, Foot Care.