

ABSTRAK

PENGETAHUAN PENDERITA DIABETES MELITUS TENTANG PENCEGAHAN ULKUS DIABETIKUM DI WILAYAH KERJA PUSKESMAS SUMURGUNG KABUPATEN TUBAN

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Angka mortalitas saat ini masih didominasi oleh penyakit tidak menular. Salah satu penyakit tidak menular adalah diabetes melitus. Penyakit diabetes melitus memberikan berbagai komplikasi yang berhubungan dengan meningkatnya jumlah penderita dan jumlah kematian. Komplikasi yang sering terjadi yaitu ulkus diabetikum, diperkirakan 15% dari total penderita diabetes melitus mengalami komplikasi ini. Penelitian ini bertujuan untuk mengetahui gambaran pengetahuan penderita diabetes melitus tentang pencegahan ulkus diabetikum di wilayah kerja Puskesmas Sumurgung Kabupaten Tuban.

Desain Penelitian deskriptif dengan pendekatan *cross-sectional*. Teknik pengambilan sampel yang digunakan yaitu *purposive sampling* dengan jumlah sampel 124 responden. Instrumen penelitian ini menggunakan kuesioner.

Hasil penelitian diketahui bahwa pengetahuan penderita diabetes mellitus tentang pencegahan ulkus diabetikum di wilayah kerja Puskesmas Sumurgung Kabupaten Tuban menunjukkan hampir seluruhnya berpengetahuan baik dengan jumlah 99 orang (79.8 %).

Penderita diabetes melitus diharapkan untuk konsisten dalam meningkatkan pengetahuan tentang pencegahan ulkus diabetikum melalui pendidikan kesehatan yang diberikan oleh tenaga medis tentang pengontrolan kadar gula darah dan perawatan kaki melalui kegiatan prolanis agar mencapai kualitas hidup yang lebih baik.

Kata Kunci: Pengetahuan, Diabetes Melitus, Pencegahan Ulkus Diabetikum

ABSTRACT

KNOWLEDGE OF PATIENTS WITH DIABETES MELLITUS ABOUT THE PREVENTION OF DIABETIC ULCERS IN THE WORKING AREA OF THE SUMURGUNG HEALTH CENTER TUBAN DISTRICT

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The current mortality rate is still dominated by non-communicable diseases. One of the non-communicable diseases is diabetes mellitus. Diabetes mellitus provides various complications that are associated with an increase in the number of sufferers and the number of deaths. Complications that often occur are diabetic ulcers, an estimated 15% of total patients with diabetes mellitus experience this complication. This study aims to determine the knowledge of patients with diabetes mellitus about the prevention of diabetic ulcers in the working area of the Sumurgung Health Center, Tuban Regency.

Descriptive research design with a cross-sectional approach. The sampling technique used was purposive sampling with a sample size of 124 respondents. This research instrument uses a questionnaire.

The results showed that the knowledge of patients with diabetes mellitus about the prevention of diabetic ulcers in the working area of the Sumurgung Health Center, Tuban Regency showed that almost all of them had good knowledge with a total of 99 people (79.8%).

Patients with diabetes mellitus are expected to be consistent in increasing knowledge about the prevention of diabetic ulcers through health education provided by medical personnel about controlling blood sugar levels and foot care through prolanis activities in order to achieve a better quality of life.

Keywords: Knowledge, Diabetes Mellitus, Diabetic Ulcer Prevention