

SELF CARE IMAGES IN DIABETES MELLITUS IN PROLANIS PUSKESMAS KARTASURA

Fernanda Ayu Dentaningtyas¹, Ika Silvitasari²

ndaolcomel@gmail.com

Universitas 'Aisyiyah Surakarta

ABSTRACT

Background: The 2022 International Diabetes Federation (IDF) stated that Indonesia ranks fifth for the highest prevalence of diabetics in the world at 19.47 million. Self care plays an important role in improving the quality of life and well-being of patients with DM, if done on a routine basis blood sugar levels will be within the normal range so that DM complications do not occur. **Objective:** To find out the picture of self care in patients with diabetes mellitus in prolanis Puskesmas Kartasura. **Methods:** Using descriptive surveys with quantitative analysis, and sampling techniques using quota samplings. Research instrument using questionnaire Summary of Diabetes Self-Care Activities (SDSCA). **Results:** The results of this study showed self care categories of both 31 respondents (49.2%) and self care less than 31 respondent (50.8%). Results of the self care component of DM were a diet of 33 respondents (54.1%) good, physical exercise of 43 respondents (70.5%) good, foot care of 31 respondents (50.8%) less, taking medication of 39 respondents (63.9%) well, and monitoring of blood sugar of 49 respondent (80.3%) good. Self-care behavior to be enhanced is to plan and follow a diet, check the feet and inside of the shoes before use, use lotion/moisturizer on the feet. **Conclusion:** Self care behavior in patients with DM in prolanis Puskesmas Kartasura in good category.

Keywords : Diabetes mellitus, Self Care