

THE BENEFITS OF HONEY TO INCREASE COMFORT IN WOUNDS WITH DIABETES MELLITUS BY POSTER MEDIA

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Background: Diabetes Mellitus (DM) is a metabolic disorder caused by several factors namely hyperglycemia (increased levels of glucose in the blood) and metabolic disorders in carbohydrates, fats and proteins. Uncontrolled blood sugar will increase the risk of someone who has a diabetic foot wound to experience amputation, handling Diabetes Mellitus wounds requires a long healing time. Honey can provide a positive outcome in patient comfort. In this case the use of honey to encourage the body itself to perform autolytic debridement can produce physical comfort. Honey is osmotic because it contains almost 20% water, this characteristic of honey can improve the moisture balance in wounds and can eventually trigger autolytic debridement. Information about the importance of the benefits of honey to improve the comfort of Diabetes Mellitus wounds can be socialized through the media one of which is through posters. **Objective:** Poster can be used as media for health education to the public, especially Diabetes Mellitus sufferers to know and implement wound care using honey to increase comfort. **Description of The poster:** The theme of this poster is the benefits of honey to increase the comfort of wounds with Diabetes Mellitus it is created using a computer application software with minimum resolution of 300dpi. **Conclusion:** Wound care using honey can increase comfort in Diabetes Mellitus wounds and poster of the benefits of honey to increase the comfort of Diabetes Mellitus wounds can be used as a medium of education, communication and information.

Keywords: *Honey, Comfort, Diabetes Mellitus*