

## UPAYA PENINGKATAN PENGETAHUAN MANAJEMEN MANDIRI DIABETES MELLITUS TIPE 2 MELALUI MEDIA BOOKLET

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### ABSTRAK

**Background:** Type 2 Diabetes Mellitus (T2DM) is a chronic disease that can lead to serious complications if not properly managed. Patient knowledge of self-management remains low, necessitating effective educational media. **Objective:** To develop and produce a booklet as a means of Communication, Information, and Education (IEC) to improve understanding of Type 2 Diabetes Mellitus self-management. **Method:** The writing was conducted using a descriptive approach through literature review and booklet development using the Canva application. A pilot test was conducted on three elderly respondents with T2DM to assess readability, design, and content. **Results:** The booklet, titled "Type 2 Diabetes Mellitus Self-Management," was successfully developed with engaging content and educational visuals. Respondent feedback indicated that the material was easy to understand, informative, and attractively designed. The booklet has received Intellectual Property Rights (IPR) protection. **Conclusion:** The booklet has proven to be an effective educational medium in improving patient understanding of T2DM self-management. This medium is recommended for use by healthcare professionals, educational institutions, and the public as a practical and accessible means of continuing education.

*Keywords: Type 2 Diabetes Mellitus, self-management, Ankle Brachial Index, foot ulcers*