

**PROGRAM STUDI DIII KEPERAWATAN
FAKULTAS KEPERAWATAN
INSTITUT KESEHATAN PAYUNG NEGERI**

Tugas Akhir, Mei 2026

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Penerapan Asuhan Keperawatan Melalui Media Edukasi Digital Terhadap Kemandirian Perawatan Diri (Self-Care) Pada Penderita Diabetes Melitus Di Puskesmas Payung Sekaki.

IX + 97 halaman + 9 tabel + 1 skema + 8 lampiran.

ABSTRAK

Diabetes Melitus merupakan penyakit kronis yang membutuhkan perawatan diri (*self-care*) untuk mengontrol glukosa darah dan mencegah komplikasi. Kurangnya pengetahuan dapat menghambat kemampuan *self-care*, sehingga diperlukan edukasi kesehatan berbasis website. Karya tulis ini bertujuan mengetahui penerapan edukasi digital terhadap kemandirian *self-care* penderita Diabetes Melitus di Puskesmas Payung Sekaki Pekanbaru. Metode yang digunakan adalah studi kasus pada 2 pasien melalui proses keperawatan dengan pengumpulan data melalui wawancara, observasi, pemeriksaan fisik, GDS, dan dokumentasi. Edukasi diberikan mengenai pola makan, aktivitas fisik, pengobatan, pemantauan glukosa, dan perawatan kaki. Hasil menunjukkan peningkatan pengetahuan dan kemampuan *self-care* setelah diberikan edukasi digital. Disimpulkan bahwa edukasi berbasis website dapat meningkatkan pengetahuan dan kemandirian *self-care* penderita Diabetes Melitus.

Kata kunci: Diabetes Melitus, edukasi digital, website, *self-care*, asuhan keperawatan.

**DIPLOMA III NURSING STUDY PROGRAM
FACULTY OF NURSING
PAYUNG NEGERI INSTITUTE OF HEALTH**

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Application of Nursing Care Through Digital Educational Media to Improve Self-Care Independence Among Patients with Diabetes Mellitus at Payung Sekaki Public Health Center.

Xii + 97 Pages + 9 Table + 1 Scheme + 8 Attachments.

ABSTRACT

Diabetes Mellitus is a chronic disease that requires self-care to control blood glucose levels and prevent complications. Lack of knowledge can hinder self-care abilities, making website-based health education necessary. This final project aimed to determine the application of digital education to improve self-care independence among patients with Diabetes Mellitus at Payung Sekaki Public Health Center, Pekanbaru. The method used was a case study involving two patients through the nursing care process, with data collected through interviews, observation, physical examination, blood glucose testing, and documentation. Education was provided on diet, physical activity, medication, blood glucose monitoring, and foot care. The results showed an improvement in patients' knowledge and self-care abilities after receiving digital education. It can be concluded that website-based education can improve knowledge and self-care independence among patients with Diabetes Mellitus.

Keywords: Diabetes Mellitus, digital education, website, self-care, nursing care.