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Asuhan Keperawatan Keluarga Dengan Penerapan *Diabetes Self-Management Education* (DSME) Terhadap Masalah Keperawatan Manajemen Kesehatan Keluarga Tidak Efektif Di Desa Sungai Putih Kec. Tapung Kab. Kampar

XI + 51 Halaman + 9 Tabel + 8 Lampiran

ABSTRAK

Indonesia menempati urutan ke 7 dengan jumlah pasien DM sebanyak 10,7 juta orang dan jumlah tersebut diperkirakan akan terus meningkat setiap tahunnya. Diabetes mellitus merupakan penyakit kompleks yang perlu membuat banyak keputusan setiap hari tentang makan, aktivitas fisik dan obat-obatan, juga mengharuskan pasien untuk mahir dalam sejumlah keterampilan manajemen diri. Rendahnya pengetahuan dalam manajemen diri penderita DM menimbulkan berbagai macam komplikasi. Tujuan Karya Ilmiah Akhir Ners adalah memberikan gambaran tentang hasil praktik Profesi Ners dengan Aplikasi Asuhan Keperawatan Keluarga Dengan Penerapan *Diabetes Self-Management Education* (DSME) Terhadap Masalah Keperawatan Manajemen Kesehatan Keluarga Tidak Efektif Di Desa Sungai Putih Kec. Tapung Kab. Kampar. Metode yang digunakan dalam pelaksanaan intervensi keperawatan pemberian *Diabetes Self-Management Education* (DSME). Keunggulan dari *Diabetes Self-Management Education* (DSME) bagi keluarga dan pasien untuk meningkatkan pengetahuan dan kesadaran, mengembangkan keterampilan mengelola diabetes mellitus, meningkatkan kualitas hidup, meningkatkan keterampilan mengambil keputusan. Pemberian *Diabetes Self-Management Education* (DSME) dilaksanakan selama 3 kali pertemuan. Hasil dari studi kasus ini setelah dilakukan sebanyak 3 kali pertemuan pemberian *Diabetes Self-Management Education* (DSME) didapatkan nilai rata-rata peningkatan manajemen kesehatan keluarga terhadap penerapan *Diabetes Self-Management Education* (DSME) sebelum diberikan intervensi pada hari pertama yaitu 9,5 (nilai rata-rata dari SLKI) dan setelah diberikan intervensi selama tiga hari berturut-turut yaitu didapatkan nilai akhir terdapat peningkatan manajemen kesehatan keluarga terhadap penerapan *Diabetes Self-Management Education* (DSME) 33 (nilai rata-rata dari SLKI) terjadi peningkatan yang signifikan.

Kata Kunci : *Diabetes Self-Management Education* (DSME), Keluarga, Diabetes mellitus

Daftar Pustaka : 20 (2020-2024)

**NERS PROFESSIONAL STUDY PROGRAM
FACULTY OF NURSING
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Family Nursing Care With The Implementation of Diabetes Self-Management Education (DSME) Towards Ineffective Family Health Management Nursing Problems In Sungai Putih Village, Tapung District, Kampar Regency
XI + 51 Pages + 9 Tables + 8 Appendices

ABSTRACT

Indonesia ranks 7th with the number of DM patients as many as 10.7 million people and this number is expected to continue to increase every year. Diabetes mellitus is a complex disease that requires making many decisions every day about eating, physical activity and medication, also requires patients to be proficient in a number of self-management skills. Low knowledge in self-management of DM sufferers causes various complications. The purpose of the Final Scientific Paper for Nurses is to provide an overview of the results of the practice of the Nursing Profession with the Application of Family Nursing Care with the Implementation of Diabetes Self-Management Education (DSME) Against the Problem of Ineffective Family Health Management Nursing in Sungai Putih Village, Tapung District, Kampar Regency. The method used in implementing nursing interventions is the provision of Diabetes Self-Management Education (DSME). The advantages of Diabetes Self-Management Education (DSME) for families and patients are to increase knowledge and awareness, develop skills in managing diabetes mellitus, improve quality of life, and improve decision-making skills. The provision of Diabetes Self-Management Education (DSME) is carried out for 3 meetings. The results of this case study after conducting 3 meetings of Diabetes Self-Management Education (DSME) obtained an average value of increasing family health management towards the implementation of Diabetes Self-Management Education (DSME) before the intervention was given on the first day, namely 9.5 (average value of SLKI) and after being given intervention for three consecutive days, namely the final value obtained was an increase in family health management towards the implementation of Diabetes Self-Management Education (DSME) 33 (average value of SLKI) there was a significant increase.

Keywords : Diabetes Self-Management Education (DSME), Diabetes Mellitus, Family

References : 20 (2020-2024)