

ABSTRACT

Widya Rahma Fitriani. 2023. Counseling of DM Diet on Energy Consumption Levels, Macro and Micro Nutrients, and Blood Glucose Levels in Diabetic Ulcer Patients at Sidoarjo General Region Hospital. Thesis. Undergraduate Program of Applied Nutrition and Dietetics, Nutrition Major, Ministry of Health Malang Health Polytechnic. Supervisor 1: Dr. Annasari Mustafa, SKM, M.Sc, RD. Supervisor 2: Dr. Nur Rahman, STP, MP, RD.

The successful management of diabetic ulcers depends on understanding the healing process with knowledge of dietary management. Regulating macro and micro nutrition intake therapeutically is the right way to control and prevent advanced complications of diabetic ulcer disease. The purpose of this study is to determine the effect of counseling of DM diet management on the level of energy consumption, macro and micro nutrients, and blood glucose levels in patients with diabetic ulcers at Sidoarjo General Hospital. The method in this study was a quasi-experimental design with a non-equivalent control group design. This study involved two groups, namely the experimental group and the control group. The control group is a group of diabetic ulcer patients who are only given leaflets without counseling and assistance, while the treatment group is a group of diabetic ulcer patients who are given counseling and assistance. The level of energy consumption of patients in the control group and treatment group before and after increased. The level of protein consumption of control group patients before and after decreased, while the level of protein consumption in the treatment group before and after increased. The level of fat consumption of control group patients before and after decreased, while the level of energy consumption in the treatment group before and after increased. The level of carbohydrate consumption of patients in the control group and treatment group before and after increased. The level of iron consumption in control and treatment group patients before and after increased. The level of zinc consumption of patients in the control group and treatment group before and after experienced improvement. There were no significant differences in the levels of consumption of energy, protein, fat, carbohydrates, iron and zinc in the control group and the treatment group before and after DM diet counseling. The blood glucose levels of patients in the control group increased and those in the treatment group decreased. There was a significant difference in the blood glucose levels of patients in the control group and treatment group before and after DM diet counseling.

Keyword: Ulcer Diabetic, Counseling of DM Diet

