

**THE EFFECT OF BOOKLET-BASED EDUCATION ON ANXIETY
LEVELS IN PRE AND POST OPERATIVE OF DEBRIDEMENT AND
AMPUTATION OF THE II AND III TOES OF THE FOOT PATIENTS
WITH A HISTORY OF DIABETES MELLITUS IN NGUDI WALUYO
HOSPITAL WLINGI**

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ABSTRACT

Background: Anxiety is a common psychological problem experienced by patients during the preoperative and postoperative periods, particularly those undergoing debridement and amputation procedures for diabetes mellitus, and may adversely affect their readiness for surgery. In patients with diabetes mellitus, anxiety can trigger the release of stress hormones, leading to instability in blood glucose levels and an increased risk of perioperative complications. This study aimed to provide nursing care for preoperative and postoperative anxiety in a patient undergoing debridement and amputation of the second and third toes of the right foot through a booklet-based preoperative and postoperative educational intervention. **Method:** This scientific paper employed a descriptive research design using a nursing care case study approach. The intervention focused on managing preoperative and postoperative anxiety in a patient undergoing debridement and amputation of the second and third toes of the right foot through a booklet-based preoperative and postoperative educational program. The educational intervention was delivered in five sequential sessions, with each session providing different materials at different time points. **Results:** The initial assessment indicated that the patient experienced severe anxiety. Following the booklet-based preoperative educational intervention, the patient's anxiety level decreased from severe to mild anxiety. Furthermore, after receiving the postoperative educational intervention, the patient's anxiety further decreased to the absence of anxiety. **Conclusion:** After being given booklet-based preoperative and postoperative education for a patient with a history of diabetes mellitus undergoing debridement and amputation of the second and third toes of the right foot effectively reduced the patient's anxiety level.

Keywords: anxiety, preoperative, postoperative, debridement, amputation, booklet-based education, diabetes mellitus