

ABSTRAK

Gambaran Risiko Ulkus Diabetikum dan Perawatan Kaki pada Pasien Diabetes Melitus di Wilayah Kerja Puskesmas Jetis. Nala Kusuma Jati (2026). Program Studi Diploma III Keperawatan Kampus Kabupaten Ponorogo, Jurusan Keperawatan, Politeknik Kesehatan Kemenkes Malang.

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Neuropati perifer dan buruknya perawatan kaki merupakan pemicu utama ulkus diabetikum pada penderita diabetes melitus (DM). Penelitian ini bertujuan untuk mengetahui gambaran risiko ulkus diabetikum dan perilaku perawatan kaki mandiri pada penderita DM. Desain penelitian ini adalah deskriptif kuantitatif dengan pendekatan survei. Sampel penelitian berjumlah 30 responden anggota Prolanis di Desa Josari dan Tegalsari wilayah kerja Puskesmas Jetis yang dipilih menggunakan teknik *Purposive Sampling*. Instrumen yang digunakan adalah *Inlow's 60-Second Diabetic Foot Screening Tool* dan kuesioner perawatan kaki mandiri. Hasil penelitian menunjukkan risiko ulkus diabetikum mayoritas responden berada pada kategori risiko rendah (53,33%), risiko sangat rendah (33,33%), dan risiko sedang (13,33%). Indikator fisik paling signifikan adalah kuku tidak terawat (90%), kulit kering (83,3%), dan keluhan kebas (76,67%). Perilaku perawatan kaki menunjukkan kategori baik (36,67%), kurang (33,33%), dan cukup (30%). Meskipun kepatuhan mencuci kaki mencapai 100%, ketidakpatuhan penggunaan pelembap mencapai 83,3% dan penggunaan alas kaki yang tidak aman mencapai 70%. Mayoritas responden memiliki risiko ulkus rendah, namun memiliki kerentanan tinggi akibat kulit kering, kebas, dan penggunaan alas kaki yang tidak layak. Saran: Puskesmas perlu mengintegrasikan skrining berkala dan edukasi demonstratif aktif yang melibatkan keluarga.

Kata Kunci: Diabetes Melitus, Risiko Ulkus, Perawatan Kaki, Instrumen Inlow, Lansia.

ABSTRACT

An Overview of Diabetic Ulcer Risk and Foot Care among Diabetes Mellitus Patients in the Working Area of Puskesmas Jetis. Nala Kusuma Jati (2026). Three-Year Diploma Program in Nursing, Ponorogo Campus, Department of Nursing, Health Polytechnic of the Ministry of Health Malang.

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Background: Peripheral neuropathy and poor foot care are major triggers for diabetic ulcers in diabetes mellitus (DM) patients. This study aims to describe the risk of diabetic ulcers and self-foot care behavior among DM patients. Methods: This was a quantitative descriptive study with a survey approach. The sample consisted of 30 Prolanis members in Josari and Tegalsari Village, under the work area of Puskesmas Jetis, selected using total sampling. The instruments used were Inlow's 60-Second Diabetic Foot Screening Tool and a self-foot care questionnaire. Results: The results showed that the majority of respondents were in the low-risk category (53.33%), very low risk (33.33%), and moderate risk (13.33%). The most significant physical indicators were untamed nails (90%), dry skin (83.3%), and numbness (76.67%). Foot care behavior was categorized as good (36.67%), poor (33.33%), and fair (30%). Although foot washing compliance reached 100%, non-compliance with moisturizer use reached 83.3% and unsafe footwear use reached 70%. Conclusion: The majority of respondents have a low risk of ulcers, but possess high vulnerability due to dry skin, numbness, and inappropriate footwear. Suggestion: Primary health centers should integrate routine screening and active demonstrative education involving families.

Keywords: *Diabetes Mellitus, Ulcer Risk, Foot Care, Inlow Instrument, Eld*