

ABSTRAK

Belinda Putri Purnama (2026). Gambaran Risiko Ulkus Diabetikum Pada Pasien Diabetes Mellitus Di Wilayah Kerja Puskesmas Jetis Kabupaten Ponorogo. Karya Tulis Ilmiah, Program Studi D3 Keperawatan (Kampus Kab. Ponorogo), Jurusan Keperawatan, Politeknik Kesehatan Kemenkes Malang. Pembimbing Endang Purwaningsih., S.Kep.Ns., M.Kep.

Diabetes Melitus (DM) berisiko menimbulkan komplikasi serius berupa ulkus diabetikum yang dapat menyebabkan amputasi. Penelitian ini bertujuan untuk mengetahui gambaran risiko ulkus diabetikum pada pasien Diabetes Melitus di Puskesmas Jetis, Ponorogo. Desain penelitian adalah deskriptif observasional dengan teknik total sampling pada 30 responden. Data dikumpulkan menggunakan instrumen *Inlow's 60-Second Diabetic Foot Screening Tool* dan dianalisis melalui distribusi frekuensi. Hasil penelitian menunjukkan mayoritas responden berada pada kategori risiko sedang sebanyak 24 orang (80%), risiko rendah 5 orang (16,66%), dan risiko tinggi 1 orang (3,33%). Faktor risiko dominan meliputi kondisi kulit kering, rentang gerak kaki, gangguan sensasi proteksi tes monofilament dan sensasi 4 pertanyaan. Kondisi ini dipengaruhi oleh neuropati perifer, gangguan sirkulasi, dan kurangnya perawatan kaki mandiri. Disimpulkan bahwa sebagian besar pasien memiliki risiko ulkus kategori sedang, sehingga diperlukan skrining rutin dan edukasi berkelanjutan mengenai perawatan kaki untuk mencegah komplikasi lebih lanjut. Deteksi dini sangat penting guna menekan angka morbiditas ulkus di layanan kesehatan primer.

Kata Kunci: Diabetes Melitus, Ulkus Diabetikum

ABSTRACT

Belinda Putri Purnama (2026). Description of Diabetic Ulcer Risk Among Diabetes Mellitus Patients in the Jetis Public Health Center Working Area, Ponorogo Regency. Scientific Paper, Diploma III Nursing Study Program (Ponorogo Campus), Department of Nursing, Health Polytechnic of the Ministry of Health Malang. Supervisor Endang Purwaningsih., S.Kep.Ns., M.Kep.

Diabetes Mellitus (DM) poses a risk of serious complications such as diabetic ulcers, which can lead to amputation. This study aims to describe the risk of diabetic ulcers among patients at the Jetis Public Health Center, Ponorogo. The research design was descriptive observational, utilizing a total sampling technique with 30 respondents. Data were collected using the Inlow's 60-Second Diabetic Foot Screening Tool and analyzed through frequency distribution. The findings showed that the majority of respondents were in the moderate-risk category (24 people, 80%), followed by low-risk (5 people, 16.66%), and high-risk (1 person, 3.33%). Dominant risk factors identified included dry skin conditions, limited range of foot motion, and loss of protective sensation as indicated by monofilament tests and the 4-question sensation assessment. These conditions are influenced by peripheral neuropathy, circulatory disturbances, and a lack of independent foot care. In conclusion, most patients have a moderate risk of ulcers, highlighting the necessity for routine screening and continuous education on foot care to prevent further complications. Early detection is crucial to reducing the morbidity rate of ulcers in primary healthcare settings.

Keywords: *Diabetes Mellitus, Diabetic Ulcer*