ABSTRAK

Maulana Aringga Kurniawan (2026). *Penerapan Diet Tinggi Protein Untuk Penyembuhan Luka Pada Lansia Dengan Diabetes Melitus Tipe 2 Di Layanan Rawat Luka Pedis Care Kota Malang.* Karya Tulis Ilmiah Studi Kasus, Program Studi DIII Keperawatan, Jurusan Keperawatan, Politeknik Kesehatan Kemenkes Malang Pembimbing: Agus Setyo Utomo, APP. M.Kes.

Lansia dengan diabetes melitus tipe 2 rentan mengalami ulkus diabetikum yang sulit sembuh akibat gangguan sirkulasi, penurunan massa otot, malnutrisi, dan kadar glukosa darah yang tidak stabil. Kondisi tersebut memerlukan dukungan nutrisi yang tepat, salah satunya melalui penerapan diet tinggi protein untuk membantu pembentukan jaringan baru dan mempercepat penyembuhan luka. Penelitian ini bertujuan mengevaluasi penerapan diet tinggi protein pada lansia dengan diabetes melitus tipe 2 di Layanan Rawat Luka Pedis Care Kota Malang. Penelitian menggunakan desain studi kasus dengan pendekatan deskriptif kualitatif terhadap dua lansia yang menjalani diet tinggi protein selama 14 hari. Data dikumpulkan melalui pengkajian luka menggunakan Bates-Jensen Wound Assessment Tool, catatan asupan protein melalui Food Recall 24 jam, pemeriksaan glukosa darah sewaktu, berat badan, dan kadar albumin serum. Hasil studi menunjukkan peningkatan pengetahuan kedua subjek setelah edukasi, penurunan skor luka secara bertahap, kestabilan kadar glukosa darah, peningkatan berat badan, dan peningkatan kadar albumin hingga mencapai rentang normal. Penerapan diet tinggi protein memberikan kontribusi positif terhadap penyembuhan luka dan perbaikan status gizi lansia dengan diabetes melitus tipe 2. Pasien dan keluarga disarankan menerapkan diet tinggi protein secara teratur sesuai anjuran tenaga kesehatan. Direkomendasikan bagi peneliti selanjutnya untuk mengembangkan penerapan diet tinggi protein secara lebih terstruktur dan memperhitungkan faktor-faktor pengganggu untuk memperoleh hasil yang lebih akurat mengenai pengaruhnya terhadap penyembuhan luka pada pasien diabetes melitus tipe 2.

Kata kunci: Diet tinggi protein, Penyembuhan luka, Lansia, Diabetes melitus tipe 2

ABSTRACT

Maulana Aringga Kurniawan (2026). *Implementation of a High-Protein Diet for Wound Healing in Elderly Patients with Type 2 Diabetes Mellitus at Pedis Care Wound Care Service, Malang City*. Case Study Scientific Paper, Diploma III Nursing Program, Department of Nursing, Politeknik Kesehatan Kemenkes Malang. Supervisor: Agus Setyo Utomo, APP. M.Kes.

Older adults with type 2 diabetes mellitus are at high risk of developing diabetic ulcers that are difficult to heal due to impaired circulation, decreased muscle mass, malnutrition, and unstable blood glucose levels. These conditions require appropriate nutritional support, one of which is the implementation of a high-protein diet to promote new tissue formation and accelerate wound healing. This study aimed to evaluate the implementation of a high-protein diet among older adults with type 2 diabetes mellitus at Pedis Care Wound Care Services in Malang City. This study employed a case study design with a qualitative descriptive approach involving two older adults who followed a high-protein diet for 14 days. Data were collected through wound assessment using the Bates-Jensen Wound Assessment Tool, protein intake records obtained through a 24-hour Food Recall, random blood glucose measurements, body weight monitoring, and serum albumin level examinations. The results showed an increase in both participants' knowledge following education, a gradual reduction in wound scores, stable blood glucose levels, increased body weight, and improved albumin levels reaching the normal range. The implementation of a high-protein diet contributed positively to wound healing and improved nutritional status among older adults with type 2 diabetes mellitus. Patients and their families are encouraged to follow a high-protein diet regularly in accordance with healthcare professionals' recommendations. Future researchers are recommended to develop a more structured implementation of high-protein diets and consider potential confounding factors to obtain more accurate findings regarding their effects on wound healing in patients with type 2 diabetes mellitus.

Keywords: High-protein diet, Wound healing, Elderly, Type 2 diabetes mellitus