DIABETES SELF-MANAGEMENT EDUCATION (DSME) INTERVENTION IN FAMILIES WITH DIABETES MELLITUS WITH HEALTH MANAGEMENT IMPROVEMENT READINESS ISSUES IN THE GRIBIG COMMUNITY HEALTH CENTER AREA

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ABSTRACT

Diabetes mellitus is a chronic disease caused by high blood glucose levels. Planning for diabetes mellitus management must be carried out jointly between patients and their families. Readiness to improve health management is the success of families in caring for diabetes mellitus on a daily basis. The purpose of this final nursing thesis is to provide Diabetes Self-Management Education (DSME) intervention to families with diabetes mellitus who have problems with health management readiness. The case study method was used to explore nursing care for the elderly with an approach that included assessment, data analysis, diagnosis, intervention, implementation, and nursing evaluation. After nursing intervention with DSME during 3 visits with 4 sessions, namely session 1 on the first visit, sessions 2 and 3 on the second visit, and session 4 on the third visit, the results showed that patients and families understood the educational material and were willing to practice it independently. Health management readiness was addressed because patients and families were cooperative in applying the education provided in their daily lives. Thus, it is hoped that the provision of DSME intervention with health management readiness issues can increase the knowledge and skills of families in self-care, thereby helping to control blood sugar and prevent complications.

Keywords: Diabetes Mellitus, DSME, Readiness for Improved Health Management, Family Nursing Care