

IMPLEMENTATION OF WOUND CARE AND DIABETES SELF-MANAGEMENT EDUCATION (DSME) ON SKIN AND TISSUE INTEGRITY IMPAIRMENT IN POST-DEBRIDEMENT DIABETIC ULCER PATIENTS AT KANJURUHAN REGIONAL HOSPITAL, MALANG REGENCY

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ABSTRACT

Introduction: Diabetic ulcer is a chronic complication of Diabetes Mellitus that has a high risk of causing amputation if not treated optimally. The main risk factors include vascular disorders, neuropathy, and infection. Self-education based on Diabetes Self-Management Education (DSME) and proper wound care are important strategies in accelerating healing. Implementing nursing care in the form of wound care and DSME education for patients with impaired skin and tissue integrity after diabetic ulcer debridement. **Method:** This study was conducted using a case study approach to two patients with grade 4 diabetic ulcers at Kanjuruhan Regional Hospital, Malang Regency. The intervention was carried out for five days in the form of conventional wound care and DSME education according to the five pillars. Wound evaluation was carried out using the Diabetic Foot Ulcer Assessment Scale (DFUAS). **Results:** Improvement in wound conditions was obtained as indicated by increased granulation tissue, decreased necrotic tissue, decreased pain, and increased patient understanding of independent diabetes management. **Conclusion:** The implementation of wound care and DSME education is effective as a holistic nursing approach in accelerating wound healing and supporting self-management in DM patients with impaired skin and tissue integrity.

Keyword: Diabetic Ulcer, Wound Care, DSME, Debridement