

ABSTRACT

EFFECTIVENESS OF ONLINE EDUCATION ABOUT PERIPHERAL ARTERIAL DISEASE ON PATIENTS WITH TYPE 2 DIABETES MELLITUS DURING COVID-19 PANDEMIC

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Background. Peripheral Arterial Disease (PAD) is a common macrovascular complication of type 2 Diabetes Mellitus (DM) patients and is associated with a significant increase in morbidity and mortality rate. Recent data shows that the prevalence of DM patients in Daerah Istimewa Yogyakarta (DIY) was high and it keep increasing recently. The management of patients with diabetes mellitus are known four pillars essential in controlling the course and complications of the disease, including education, diet, physical activity, and pharmacological intervention. Hence, education is important to improve the patient's knowledge sothat PAD can be prevented or diagnosed earlier.

Objective. Assess the effectiveness of online education about Peripheral Arterial Disease (PAD) on patients with Type 2 Diabetes Mellitus (DM) during the COVID-19 pandemic

Method. The study is a pre-experimental study that uses one group pre-test and post-test design. Secondary data was obtained from the pre-test and post-test result of the type 2 DM patients in Kecamatan Mlati, Sleman from October to December 2020. Consecutive sampling was used to collect the data. The effectiveness is reviewed through: 1) Comparing the distribution of data before and after intervention; 2) Wilcoxon Signed Rank Test.

Result. The knowledge of the subjects before intervention is considered fairly good and the knowledge after intervention is considered good. There was significant increase on subject's knowledge after the intervention ($p\text{-value} = 0.000$).

Conclusion. Online education about PAD is effective on increasing the knowledge of type 2 DM patients in the COVID-19 pandemic era.

Keywords: Online education, DM, PAD, Knowledge

INTISARI

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Latar belakang. Peripheral Arterial Disease (PAD) merupakan komplikasi makrovaskular yang sering terjadi pada pasien Diabetes Mellitus (DM) tipe 2 dan kondisi tersebut berhubungan dengan peningkatan morbiditas dan mortalitas yang signifikan. Data menunjukkan bahwa prevalensi pasien DM di Daerah Istimewa Yogyakarta (DIY) tergolong tinggi serta terus meningkat. Manajemen pada pasien DM bisa dilakukan dengan 4 pilar tatalaksana DM, yaitu: edukasi, diet, aktivitas fisik, dan intervensi farmakologis. Oleh karena itu, edukasi penting untuk meningkatkan pengetahuan pasien DM tentang PAD agar PAD bisa dicegah maupun didiagnosis dengan segera.

Tujuan. Menilai efektivitas edukasi *online* tentang Peripheral Arterial Disease (PAD) pada pasien Diabetes Mellitus (DM) tipe 2 pada masa pandemi COVID-19.

Metode. Studi ini merupakan studi pra-eksperimental menggunakan desain *one group pre-test post-test*. Data sekunder pasien DM tipe 2 di Kecamatan Mlati, Sleman selama Oktober sampai Desember 2020 digunakan dalam penelitian ini. Sampling konsekutif digunakan untuk mengumpulkan data. Efektivitas akan ditinjau melalui: 1) Membandingkan distribusi data sebelum dan setelah intervensi; 2) *Wilcoxon Signed Rank Test*.

Hasil. Tingkat pengetahuan subjek penelitian sebelum intervensi tergolong cukup. Setelah intervensi, tingkat pengetahuan subjek penelitian meningkat menjadi baik. Terdapat peningkatan signifikan pada pengetahuan subjek penelitian setelah intervensi ($p\text{-value} = 0.000$).

Kesimpulan. Edukasi online efektif meningkatkan pengetahuan pasien DM tipe 2 tentang PAD pada masa pandemi COVID-19.

Kata kunci: Edukasi online, DM, PAD, pengetahuan