

INTISARI

Latar Belakang: Ulkus kaki diabetik (UKD) merupakan komplikasi yang serius pada penderita diabetes melitus. Biaya perawatan luka dan risiko amputasi banyak ditakuti. Salah satu upaya preventif yang krusial adalah perawatan kaki yang tepat. Beberapa faktor yang ditemukan di luar negeri banyak mempengaruhi adalah terkait riwayat klinis dan dukungan keluarga.

Tujuan Penelitian: Mengetahui faktor-faktor yang mempengaruhi penderita diabetes melitus di Puskesmas Mergangsan dalam melakukan perilaku perawatan kaki sebagai upaya pencegahan UKD.

Metode: Penelitian ini merupakan penelitian analitik kategorik dengan rancangan *case-control*. Responden penelitian ini ialah penderita diabetes melitus di Puskesmas Mergangsan sejumlah 98 orang dengan kelompok kasus dan kontrol masing-masing 49 responden. Kuesioner untuk menilai perilaku perawatan kaki adalah *Nottingham Assessment of Functional Footcare*, sedangkan dukungan keluarga menggunakan *Hensarling Diabetes Family Support Scale*. Uji kandidat pada variabel independen dilakukan menggunakan *chi-square*, kemudian dilakukan analisis regresi logistik berganda pada variabel yang memenuhi syarat ($p\text{-value} < 0.25$) untuk melihat pengaruh variabel tersebut terhadap perilaku perawatan kaki.

Hasil: Variabel riwayat UKD dan tingkat pendidikan kategori tinggi mempengaruhi perilaku perawatan kaki secara signifikan ($p\text{-value} = < 0,001$ dan $p\text{-value} = 0,047$). Riwayat ulkus diabetik lebih dominan mempengaruhi perilaku perawatan kaki penderita diabetes dibandingkan riwayat DM keluarga [aOR = 0,09; 95% CI (0,029;0,333)].

Kesimpulan: Jenis kelamin, usia, riwayat DM keluarga, komplikasi, dan dukungan keluarga tidak mempengaruhi perilaku perawatan kaki. Tingkat pendidikan tinggi dan riwayat ulkus kaki diabetik mempengaruhi perilaku perawatan kaki penderita diabetes. Riwayat ulkus kaki diabetik merupakan faktor paling dominan yang mempengaruhi.

Kata kunci: diabetes melitus, perilaku perawatan kaki, ulkus kaki diabetik

ABSTRACT

Background: Diabetic foot ulcers (DFU) are serious complications that occur in diabetic patients. The high cost during the period of suffering and the risk of amputations are the most feared among them. One of the crucial preventive actions is good footcare practice. Studies abroad show that footcare behavior has a strong relationship with clinical factors and family support.

Objective: To determine factors that had influenced footcare behavior among diabetic patients in Puskesmas Mergangsan as a preventive action aimed at reducing the risk of diabetic foot ulcers.

Methods: This was an analytic categorical research with a case-control design. Ninety-eight diabetic patients in Puskesmas Mergangsan were used as respondents of this study with 49 respondents on each case and control group. Footcare behavior was measured using the Nottingham Assessment of Functional Footcare questionnaire, while family support was measured using the Hensarling Diabetes Family Support Scale. Independent variables were tested using the chi-square test to assess its candidacy, followed by multiple logistic regression analysis on variables that met the eligibility criteria (p -value < 0.25) to examine their influence on foot care behavior.

Results: History of diabetic foot ulcers and higher education level significantly influenced footcare behavior (p -value < 0.001 and p -value = 0.047). History of diabetic foot ulcers had a more dominant influence on footcare behavior among diabetic patients compared to family history of diabetes mellitus [aOR = 0.09; 95% CI (0.029; 0.333)].

Conclusion: Sex, age, family history of diabetes mellitus, complications, and family support had not found as factors that influencing footcare behavior among diabetic patients. Education levels and history of diabetic foot ulcer found as the influencing factors. History of foot ulcer was the dominant factors.

Keywords: diabetes mellitus, footcare behavior, diabetic foot ulcer