

ABSTRAK

Latar belakang : Pemantauan pasien dalam rangka mengontrol dan mengetahui kondisi kesehatan pasien sangat penting dilaksanakan secara teratur dan berkesinambungan terutama bagi pasien DMT2 dengan glikemik HbA1c >7. Adanya gaya hidup dan perilaku ketidakpatuhan mengakibatkan terjadinya peningkatan prevalensi dari waktu ke waktu. Dari 347 pasien DMT2 yang telah dilakukan pemantauan HbA1c dilingkungan PT. CPI melalui program *chronic case management*, baru berhasil dikontrol sebanyak 21,3 % dari total pasien DMT2. Akibatnya potensi risiko DM semakin bertambah dan biaya perawatan makin besar. Penelitian ini diperlukan untuk membantu mengatasi persoalan pengontrolan melalui interaksi pasien DMT2 dalam *community discussion group* (CDG) dengan memberikan perlakuan intervensi edukasi. Melalui intervensi edukasi pasien akan memiliki lebih banyak pengetahuan DM, berdampak pada peningkatan kepedulian, ketanggapan, empati dan motivasi, diharapkan terdapat perubahan perilaku kebiasaan serta aktif dalam memeriksakan diri guna pengontrolan kondisi kesehatan mereka sehingga terkontrol baik dan memiliki kesehatan normal di lingkungan PT. CPI Sumatera.

Tujuan : Mengefektifkan CDG dengan intervensi edukasi guna mendukung pengontrolan pasien DMT2 dari 12 responden, terkait program *chronic case management* di Health Medical PT. CPI Riau.

Metode : Penelitian menggunakan metode kuantitatif dengan pendekatan *kuasi experimental one group pretest post test design* dan analisis statistik dengan uji t, dan uji chi square rank test.

Hasil : Hasil pengujian analisis statistik nonparametrik melalui uji beda t diperoleh intervensi edukasi dengan 3 pilar DMT2 pada CDG, memberikan pengaruh terhadap perubahan perilaku kebiasaan pasien DMT2 Sig.(2-tailed) 0,013, sedangkan hubungan penurunan kadar HbA1c dengan kepedulian, ketanggapan, empati dan motivasi tidak menunjukkan pengaruh yang signifikan.

Kesimpulan : Intervensi edukasi dapat meningkatkan pengetahuan komunitas kelompok diskusi pasien DMT2. Terbatas pada penelitian ini pengaruh kepedulian, ketanggapan, empati dan motivasi tidak mempengaruhi penurunan kadar HbA1c dalam masa 3 bulan.

Kata kunci : Manajemen perubahan perilaku, intervensi edukasi DMT2, Komunitas Kelompok Diskusi.

Abstract

Background: The task of observing the patients for the the purpose of controlling and checking up the health of the patient is very important to be done regularly and continuously especially for those diagnosed with Type 2 Diabetes Mellitus (T2DM) with glycemic (HbA1c) levels more than 7. A direct correlation between life style and the disobedience of the patient to the directions of treatment leads to the increase of the number prevailing patients with the disease. PT. CPI with the program *chronic case management* (CCM) by the time of writing has been successfully treated 21,3% of the total company patients diagnosed with T2DM. This resulting to the increase of the risk for the company employees being exposed to the disease thus may increase the company's spending for the health care. The discussion group is designed to provide the necessary education tailored for the diagnosed employees. Hopefully the discussion group will also be able to bring the motivation out of the patients to better take care of their health, and increase their awareness of the disease they are diagnosed with. As the numbers of educated, aware, and motivated diagnosed patients increases, the company will be able to achieve and control the overall health level of their employees.

Purpose : The purpose of this research is to help the company control the number of employees diagnosed with the T2DM by means of *community discussion group* (CDG). 12 respondent were participated in CDG. Further to immediate the effect of *Community Discussion Group* (CDG) by providing education for the diagnosed employees with type 2 DM involved in the *chronic case management* categorised by PT. CPI's Health and Medical Services Riau.

Method : Research is generally carried out by non parameterik assessment method with the complete *Quasi Experimental, one group pre-test and post-test design*. Statistical analysis will be done by t test and Chi Square Rank Test.

Results : examined result of the analytical statistic via third pillar of type 2 DM in CDG has given a significant effect to the behaviour of the patients within coefficient paire sample tests Sig. (2-tailed) 0,013, The decreasing HbA1c level of respondent are not significant to awareness, responsiveness, empathy, and motivation.

Conclusion: Education intervence community discussion group for Type 2 Diabetes Mellitus may increase patient knowledge. The influence of awareness, responsiveness, empathy and motivation in this study could not decline HbA1c in 3 months.

Keywords: Management of behavioural changes, education interferences T2DM, Community Discussion Group.