

**Program Studi Diploma Tiga Keperawatan
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Penerapan Edukasi 4 Pilar Penatalaksanaan DM Menggunakan Media Leaflet Dan Penerapan Terapi Relaksasi Autogenik Untuk Menurunkan Kadar Glukosa Darah Pada Pasien Diabetes Melitus

ABSTRAK

Diabetes Melitus (DM) merupakan penyakit kronis yang ditandai dengan peningkatan kadar glukosa darah. Pengendalian glukosa darah dapat dilakukan melalui penerapan edukasi 4 pilar DM dan terapi relaksasi autogenik sebagai intervensi nonfarmakologis. Tujuan penatalaksanaan menggambarkan penerapan edukasi 4 pilar menggunakan media leaflet dan terapi relaksasi autogenik dalam menurunkan kadar glukosa darah pada pasien Diabetes Melitus. Karya tulis ilmiah menggunakan studi kasus pada dua pasien DM tipe 2 yang diberikan asuhan keperawatan selama enam kali kunjungan. Intervensi meliputi edukasi 4 pilar menggunakan leaflet dan terapi relaksasi autogenik. Pengumpulan data dilakukan melalui wawancara, observasi, pemeriksaan fisik, dan pemeriksaan kadar glukosa darah. Hasil kedua pasien mengalami peningkatan pengetahuan sebelum dilakukan tindakan edukasi sebesar 33–40% dan setelah dilakukan edukasi sebesar 70-80% mengenai pengelolaan DM. Selain itu, terjadi penurunan kadar glukosa darah klien 1 dari 188 mg/dL menjadi 176 mg/dL dan klien 2 dari 176 mg/dL menjadi 164 mg/dL, serta perbaikan perilaku hidup sehat.. Simpulan Penerapan edukasi 4 pilar menggunakan media leaflet dan terapi relaksasi autogenik efektif membantu meningkatkan pengetahuan, kepatuhan, serta mendukung penurunan kadar glukosa darah pada pasien Diabetes Melitus.

Kata Kunci: *Diabetes Melitus, edukasi 4 pilar, leaflet, relaksasi autogenik, kadar glukosa darah*

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Implementation of Education on the Four Pillars of Diabetes Mellitus Management Using Leaflets and Autogenic Relaxation Therapy to Lower Blood Glucose Levels in Patients with Diabetes Mellitus

ABSTRACT

Diabetes Mellitus (DM) is a chronic condition characterized by elevated blood glucose levels. Effective blood glucose control can be achieved through education based on the "4 Pillars of DM" and the practice of autogenic relaxation therapy as nonpharmacological interventions. This study aims to describe the implementation of 4-pillar education, utilizing leaflets as educational tools, and autogenic relaxation therapy to reduce blood glucose levels in patients with Diabetes Mellitus. The research adopts a case study approach involving two patients with Type 2 DM who received nursing care over six visits. The interventions included 4-pillar education with the assistance of leaflets and autogenic relaxation therapy. Data collection methods comprised interviews, observations, physical examinations, and measurements of blood glucose levels. The results revealed that both patients experienced an increase in their knowledge regarding DM management, improving from 33-40% prior to the educational intervention to 70-80% afterwards. Additionally, blood glucose levels decreased: from 188 mg/dL to 176 mg/dL for Client 1, and from 176 mg/dL to 164 mg/dL for Client 2. Improvements were also noted in their healthy lifestyle behaviors. In conclusion, the implementation of 4-pillar education through the use of leaflets and autogenic relaxation therapy is effective in enhancing knowledge and adherence, while also supporting a reduction in blood glucose levels among patients with Diabetes Mellitus.

Keywords: Diabetes Melitus, 4 pillar of education, leaflet, autogenic relaxation, Blood Glucose Levels