

**FAKULTAS ILMU KESEHATAN
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IRPAN PITRIADI

ABSTRAK

**HUBUNGAN KEPATUHAN DALAM PROGRAM PENGELOLAAN
PENYAKIT KRONIS (PROLANIS) BPJS DENGAN KADAR GULA
DARAH PADA PENDERITA DIABETES MELITUS DI PUSKESMAS
KARANGNUNGGAL KABUPATEN TASIKMALAYA**

xii bagian awal + 56 halaman + 5 tabel + 1 bagan +11 lampiran

Diabetes Mellitus (DM) merupakan salah satu penyakit kronis yang paling banyak dialami oleh penduduk di dunia. Strategi yang dapat digunakan untuk mencegah terjadinya komplikasi lebih lanjut ada 4 pilar utama dalam penatalaksanaan DM tipe 2, yaitu edukasi, terapi gizi medis, latihan jasmani, dan intervensi farmakologis yang terdapat dalam Prolanis. Data di Puskesmas Karangnunggal tahun 2016 kasus diabetes melitus mencapai 37 kasus. Penelitian ini bertujuan untuk mengetahui hubungan kepatuhan dalam Prolanis kadar gula darah pada penderita diabetes melitus. Populasi adalah penderita diabetes melitus yang berjumlah 37 orang diperoleh menggunakan teknik total *sampling*. Data diperoleh dengan menggunakan format isian untuk merekap data yang sudah tersedia dalam laporan bulanan kegiatan prolanis. Hasil penelitian diperoleh kepatuhan dalam mengikuti program Prolanis sebagian besar mengikuti program prolanis 1 kali kunjungan (32.4%). Rata-rata kadar gula darah sebesar 339.73 gr/dl. Hasil uji statistik diperoleh terdapat hubungan kepatuhan dalam program Prolanis dengan kadar gula darah pada penderita diabetes melitus dengan p value 0,000. Kesimpulan dari penelitian ini adalah kepatuhan dalam kegiatan program Prolanis dapat menurunkan kadar gula darah. Penderita diabetes melitus disarankan untuk patuh datau rutin mengikuti prolanis serta menerapkannya di luar Puskesmas sehingga dapat menurunkan tekanan kadar gula darah.

Kata Kunci : Diabetes, Kadar Gula Darah, Peran Serta Dalam Program Prolanis.

Perpustakaan : 27 (2007-2015)

**FACULTY OF HEALTH SCIENCES
S1 NURSING STUDY PROGRAM
UNIVERSITY OF MUHAMMADIYAH TASIKMALAYA
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IRPAN PITRIADI

ABSTRACT

THE RELATIONSHIP IN THE PROGRAM OF MANAGEMENT OF CHRONIC (Prolanis) DISEASE BPJS WITH BLOOD SUGAR CONTENT ON DIABETES MELITUS IN PUSKESMAS KARANGNUNGGAL TASIKMALAYA DISTRICT

xii initial section + 56 pages + 5 tables + 1 chart + 11 attachments

Diabetes Mellitus (DM) is one of the most common chronic diseases in the world. Strategies that can be used to prevent further complications are 4 main pillars in the management of type 2 diabetes, namely education, medical nutrition therapy, physical exercise, and pharmacological intervention. Education for patients with type 2 diabetes is important as a first step in controlling type 2 DM. One of the most common forms of education and proven effective in improving the 6 clinical outcomes and quality of life of patients with type 2 diabetes. Based on preliminary study conducted at Puskesmas Karangnunggal, in 2016 cases of diabetes mellitus reached 37 cases, while cases of hypertension reached 18 cases. This study aims to determine the relationship of participation in the program management of chronic disease (Prolanis) BPJS with blood sugar levels in people with diabetes mellitus. The population was diabetes mellitus which amounted to 37 people obtained using total sampling technique. The data were obtained by using the form field for those data that were already available in the monthly report of prolanis activities. The results of the study were found to be in compliance with the Prolanis program following most of the 1st visit (32.4%) prolanis program. The average blood sugar level is 339.73 gr / dl. The result of statistical test shows that there is a relation of adherence in Prolanis program with blood glucose level in diabetes mellitus patient with p value 0.000. The conclusion of this study is that adherence to Prolanis program activity can lower blood sugar levels. Therefore Puskesmas is suggested to provide information in handling diabetes mellitus patient to implement DM control in work area.

Keywords: Diabetes, Blood Sugar Level, Participation In Prolanis Program.

Bibliography : 27 (2007-2015)