

**HUBUNGAN PELAKSANAAN *DISCHARGE PLANNING*
DENGAN KADAR GULA DARAH PADA PASIEN
DIABETES MELITUS TIPE II
DI RSUP Dr. SARDJITO
YOGYAKARTA**

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INTISARI

Latar Belakang: Diabetes melitus merupakan penyakit kronis sehingga memerlukan pengetahuan yang cukup agar pasien dan keluarga mampu mengelola DM secara mandiri. Bentuk edukasi pada pasien rawat inap DM tipe 2 adalah *discharge planning*. *Discharge planning* memberikan edukasi dan berdiskusi dengan melibatkan pasien dan keluarga untuk meningkatkan ketrampilan sehingga mampu melakukan perilaku hidup sehat, mengontrol kadar gula KGD yang merupakan tolok ukur suksesnya pelaksanaan *discharge planning* pada penderita DM.

Tujuan Penelitian: Mengetahui hubungan pelaksanaan *discharge planning* dengan kadar gula darah pada pasien diabetes melitus tipe 2 di RSUP Dr. Sardjito Yogyakarta.

Metode Penelitian: Penelitian kuantitatif non eksperimental , dengan rancangan prospektif. Tehnik pengambilan sample menggunakan *purposivve sampling* berjumlah 67. Pengumpulan data menggunakan kuesioner karakteristik responden, lembar observasi *discharge planning*, dan alat pengukur KGD. Analisa data menggunakan uji *chi square*.

Hasil Penelitian: hasil penelitian menunjukkan bahwa mayoritas responden mendapatkan *discharge planning* dengan kategori baik 59,7%. Kadar gula darah saat kontrol pertama setelah rawat inap mayoritas normal 67,2%. Hasil uji *chi-square* menunjukkan adanya hubungan yang signifikan antara pelaksanaan *discharge planning* dengan kadar gula darah dengan nilai $p=0,006$.

Kesimpulan : Ada hubungan antara pelaksanaan *discharge planning* dengan kadar gula darah pada pasien DM tipe 2 di RSUP Dr. Sardjito Yogyakarta

Kata Kunci : diabetes melitus tipe 2 , *discharge planning*, kadar gula darah

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**THE CORRELATION BETWEEN DISCHARGE PLANNING
AND TYPE II DIABETES MELLITUS PATIENTS' BLOOD GLUCOSE
LEVEL AT Dr. SARDJITO GENERAL HOSPITAL, YOGYAKARTA**

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ABSTRACT

Background: *Diabetes is a chronic disease, therefore, sufficient knowledge is required for the patients and their families in order to independently manage DM. One of the forms of education for type 2 DM inpatients is discharge planning. Discharge planning includes education and discussions that involve the patients and their families to improve skills so that they can maintain healthy life behaviors, and control blood glucose level, which is one of the success indicators of discharge planning for DM patients.*

Research Objective: *To determine the correlation between discharge planning execution and blood glucose level in type 2 diabetes mellitus patients at Dr. Sardijto General Hospital Yogyakarta.*

Research Method: *This is a non-experimental quantitative research; it uses a prospective design. The samples were selected using a purposive sampling technique, there were 67 samples selected as respondents. The data collection was conducted using respondent characteristics questionnaires, discharge planning observation sheets, and blood glucose meter. The data collected were analyzed using a chi-square test.*

Research Results: *The research results showed that the majority of respondents received discharge planning with good category (59.7%). The majority of patients' blood glucose level, during their first control session after inpatient treatment, was normal (67.2%). The result of chi-square test showed a significant correlation between discharge planning execution and patients' blood glucose level, with a p value = 0.006.*

Conclusion: *There is a correlation between discharge planning execution and blood glucose level in type 2 diabetes mellitus patients at Dr. Sardijto General Hospital Yogyakarta.*

Keywords: *blood glucose level, discharge planning, type 2 diabetes mellitus*

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