

ABSTRACT

Dinda Arifa Hafsani, 2023. Nutrition Care for Patients with Diabetes Mellitus with Cellulitis Pedis (Case Study at Dr. Harjono Ponorogo Regional General Hospital). Scientific papers. Diploma III Nutrition Malang Program Health Polytechnic Ministry of Health Malang. Advisor: Sutomo Rum Teguh K, SKM, M.Kes.

The purpose of this study was to carry out the nutritional care process for Diabetes Mellitus Patients with Cellulitis Pedis at the Regional General Hospital dr. Harjono Ponorogo. The background of the authors of this research is because the incidence of DM in Indonesia has increased to 57%, in 2012 the incidence of diabetes mellitus in the world was 371 million people. Diabetes mellitus can cause various kinds of complications if not handled properly, one of the complications of diabetes mellitus is cellulitis pedis. Cellulitis pedis is a manifestation of microvascular complications, cellulitis pedis is included in the category of complications of diabetic neuropathy in the legs, cellulitis that gets improper management can cause several complications including lymphangitis, elephantiasis, recurrence, subcutaneous abscess, gangrene, even fatal complications in the form of death.

This type of research is descriptive observational with a case study design. This research was conducted at the Regional General Hospital dr. Harjono Ponorogo on 4 - 7 February 2023. The data collected included patient identity, anthropometric data, biochemical data, physical/clinical data, and evaluation monitoring data. Methods of collecting data through interviews, looking at the patient's medical record book, and the results of laboratory tests. The interventions provided are diet therapy and educational therapy for patients and their families. The results showed that there was an increase in the level of consumption of energy and nutrients during the 3 days of observation, patients experienced unstable blood sugar levels. The patient's physical/clinical development has no problems, there are no signs of nausea, vomiting and other symptoms. The results of the patient caretaker nutrition education are given to the patient and the patient's family, namely their child, education is given including meal arrangements after being given education the patient and the patient's family understand and are able to answer the questions given.

Keywords: Nutrition Care, Diabetes Mellitus, Pedis Cellulitis