

**PERAN LITERASI KESEHATAN DAN PENDAMPINGAN KELUARGA
DALAM PERAWATAN KAKI UNTUK MENCEGAH RISIKO
ULKUS PADA PASIEN DIABETES MELITUS**

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Peran Literasi Kesehatan Dan Pendampingan Keluarga Dalam Perawatan Kaki Untuk Mencegah Risiko Ulkus Pada Pasien Diabetes Melitus

xiv + 53 halaman + 4 tabel + 10 lampiran

ABSTRAK

Rendahnya literasi kesehatan pasien dan kurangnya keterlibatan keluarga menjadi faktor risiko utama terjadinya komplikasi ulkus kaki pada penderita Diabetes Melitus (DM) Tipe 2. **Tujuan:** Mendeskripsikan asuhan keperawatan terkait peran literasi kesehatan dan pendampingan keluarga dalam perawatan kaki untuk mencegah risiko ulkus kaki diabetik. **Metode:** Studi kasus deskriptif terhadap 5 pasien DM Tipe 2 yang dipilih secara purposive sampling di wilayah kerja Puskesmas Kahuripan Kota Tasikmalaya. Intervensi berupa edukasi kesehatan terstruktur menggunakan media video aplikatif serta pemberdayaan pendampingan keluarga dalam perawatan kaki selama 1 minggu. Data dikumpulkan menggunakan kuesioner HLS-EU-Q16, kuesioner dukungan keluarga (HDFSS), dan lembar observasi kepatuhan perawatan kaki SIKI. **Hasil:** Sebelum intervensi, mayoritas responden (80%) memiliki literasi kesehatan berkategori "Problematis", dukungan keluarga rendah pada aspek informatif, serta kepatuhan perawatan kaki berkategori tidak patuh (40%) dan cukup patuh (60%). Pasca-intervensi, seluruh responden (100%) mencapai literasi kesehatan kategori "Adekuat", dukungan keluarga meningkat pesat terutama pada dukungan informatif (75%–100%), serta kepatuhan perawatan kaki mandiri meningkat signifikan dengan 3 responden (60%) mencapai kategori "Patuh/Mandiri" (100%) dan 2 responden (40%) naik ke kategori "Cukup Patuh". Peningkatan perilaku ini disertai perbaikan klinis berupa berkurangnya keluhan kebas/kesemutan, kulit kaki lebih lembap, kuku bersih dan terpotong benar, sensitivitas kaki meningkat, serta sembuhnya luka lecet pada sela jari. **Kesimpulan:** Integrasi peningkatan literasi kesehatan dan optimalisasi pendampingan keluarga melalui media edukasi video efektif meningkatkan kepatuhan perawatan kaki mandiri demi mencegah risiko ulkus kaki diabetik.

Kata Kunci: Diabetes Melitus, Literasi Kesehatan, Pendampingan Keluarga, Perawatan Kaki.

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The Role of Health Literacy and Family Empowerment in Foot Care to Prevent Diabetic Foot Ulcer Risk

xiv + 53 pages + 4 tables + 10 appendices

ABSTRACT

*Low patient health literacy and a lack of family involvement are major risk factors for foot ulcer complications in patients with Type 2 Diabetes Mellitus (DM). **Objective:** To describe nursing care regarding the role of health literacy and family support in foot care to prevent the risk of diabetic foot ulcers. **Methods:** This is a descriptive case study involving 5 Type 2 DM patients selected through purposive sampling within the work area of the Kahuripan Public Health Center (Puskesmas Kahuripan), Tasikmalaya City. The intervention consisted of structured health education using applicable video media and the empowerment of family support in foot care over a 1-week period. Data were collected using the HLS-EU-Q16 questionnaire, the Hensarling Diabetes Family Support Scale (HDFSS), and the SIKI foot care adherence observation sheet. **Results:** Prior to the intervention, the majority of respondents (80%) had "Problematic" health literacy, low family support in the informative aspect, and foot care adherence categorized as non-adherent (40%) and moderately adherent (60%). Post-intervention, all respondents (100%) achieved an "Adequate" health literacy category. Family support increased rapidly, particularly in informative support (75%–100%), and independent foot care adherence improved significantly, with 3 respondents (60%) reaching the "Adherent/Independent" category (100%) and 2 respondents (40%) moving up to the "Moderately Adherent" category. This behavioral improvement was accompanied by clinical advancements, including reduced numbness/tingling, more moisturized skin on the feet, clean and properly trimmed nails, increased foot sensitivity, and the healing of abrasions between the toes. **Conclusion:** The integration of health literacy improvement and the optimization of family support through video-based educational media is effective in increasing independent foot care adherence to prevent the risk of diabetic foot ulcers.*

Keywords: Diabetes Mellitus, Family Assistance, Foot Care, Health Literacy