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HEALTHY LIFESTYLE TO PREVENT DIABETES MELLITUS IN THE ELDERLY WITH PATUH METHOD

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ABSTRACT

Diabetes mellitus is a disease characterized by high blood glucose levels because the body cannot release or use insulin adequately. The aim of this activity is to increase the elderly's knowledge regarding preventing diabetes mellitus using the PATUH method. The methods used include physical examination screening including BP, blood sugar tests, after that counseling is carried out in the form of PPT exposure and giving leaflets and ends with an evaluation. The results of community service can be seen that of the 54 respondents women = 90.7% men = 9.3% who work as traders = 22.2% casual workers = 1.8% teachers = 1.8% and who do not work = 74.2% with elementary education = 55.5% Middle school = 24.2% High school = 20.3% with normal blood pressure test results = 70% high = 30% with normal blood sugar results = 76% high = 24% next The elderly's knowledge about diabetes mellitus was determined from the pre-test results, 70.5% did not know and 29.5% had knowledge. After providing information on the results of the post test, the knowledge of respondents increased by 60.7% and as many as 39.3% still lacked knowledge about diabetes mellitus. From this activity it can be concluded that respondents did not fully understand what diabetes mellitus was and its prevention before the counseling was carried out, however after the counseling was carried out most of the respondents already knew about diabetes mellitus so there was an increase in respondents' knowledge.

Keywords: Diabetes Mellitus, Elderly, Healthy

INTRODUCTION

According to the World Health Organization (WHO), elderly people are classified into several groups: 1) Middle age, namely the age group 45-54 years. 2) Elderly, namely the age group 55-65 years. 3) Young elderly, namely the age group 66-74 years. In the elderly, the aging process occurs, namely the gradual loss of the ability of body tissue to maintain its function so that it cannot withstand foreign objects such as microorganisms, and also the ability to repair damaged tissue decreases. The existence of this process in the body will cause many metabolic and structural distortions called degenerative diseases which cause the elderly to end their lives with a terminal episode (Darmojo R. Boedhiand Hadi Martono, 2004). One of the degenerative diseases that is currently vulnerable to attacking the elderly is one of them is Diabetes Mellitus.

Elderly people aged 40 years and over are susceptible to diabetes mellitus. In old age (≥ 60 -65 years) it becomes a worrying public health problem, this is due to decreased glucose tolerance which is associated with reduced sensitivity of peripheral cells to the effects of insulin. To prevent the occurrence of diabetes from increasing, counseling will be carried out regarding Healthy Lifestyles to Prevent Diabetes Mellitus in the Elderly which will be carried out at Haurngambang RT 03 RW07 Batujajar Timur Village, Kec. Batujajar district. West Bandung. In this counseling, the program that will be implemented is OBEY.

The aim of this outreach is so that people, especially the elderly, can know what diabetes mellitus is, the causes of diabetes and prevention

diabetes mellitus through a healthy lifestyle, which is expected by the community in the Haurngambang, RT 03 RW 07, Batujajar Timur, Batujajar, West Bandung is more aware and cases of diabetes mellitus are decreasing every year.

METHOD

This community service activity was carried out at in the Haurngambang, RT 03 RW 07, Batujajar Timur, Batujajar, West Bandung. The methods used include physical examination screening including BP, blood sugar tests, after that counseling is carried out in the form of PPT exposure and giving leaflets and ends with an evaluation. By giving a pre- test first, then a physical examination of blood pressure and a blood sugar test, followed by a PPT presentation and distribution of leaflets, ending with an evaluation and giving a post-test.

RESULTS

The results of community service can be seen that of the 54 respondents women =90.7% men = 9.3% who work as traders =22.2% casual workers = 1.8% teachers =1.8% and who do not work = 74.2% with elementary education = 55.5% Middle school = 24.2% High school = 20.3% with normal blood pressure test results = 70% high = 30% with normal blood sugar results = 76% high = 24% next The elderly's knowledge about diabetes mellitus was determined from the pre-test results, 70.5% did not know and 29.5% had knowledge. After providing information on the results of the post test, the knowledge of respondents increased by 60.7% and as many as 39.3% still lacked knowledge about diabetes mellitus.

1. **Table 1: Frequency of factors related to respondents' level of knowledge regarding diabetes mellitus**

Factor	Frequency	Percentage
Gender		
Woman	49	90.7%
Man	5	9.3%
Total	54	100%
Level of education		
elementary school	30	55.5%
JUNIOR HIGH SCHOOL	13	24.5%
SENIOR HIGH SCHOOL	11	20.3%
Total	54	100%
Work		
Trader	12	22.2%
Teacher	1	1.8%
BHL	1	1.8%
Doesn't work	40	74.2%
Total	54	100%

Table 2: Respondents' level of knowledge regarding diabetes mellitus

Knowledge level	Pre-test	Post test
Good	29.5%	60.7%
Enough	22.3%	11.1%

DISCUSSION

From the community service carried out there has been a change from the majority of respondents who previously did not know what diabetes mellitus was to know after the education was carried out. Some respondents had high blood pressure and blood sugar results, therefore we suggested to cadres local area to carry out further examination at the nearest community health center.

CONCLUSIONS AND RECOMMENDATION

From this activity, it can be concluded that respondents did not fully understand what diabetes mellitus is and its prevention before counseling, but after the counseling was carried out, the majority of respondents already knew about diabetes mellitus so that there was an increase in respondents' knowledge. carrying it out. In the future, outreach needs to be increased to further increase public knowledge and carry out further research.

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