

**NURSING CARE FOR DIABETES MELLITUS WITH SKIN INTEGRITY CARE
INTERVENTION ON MRS. M IN THE TRIBUTE ROOM H. ABDUL MANAP
REGIONAL HOSPITAL, JAMBI CITY**

Alda Afrila Gani¹, Nurhusna¹

¹ Study Program Nursing Faculty Medicine and Health Sciences University of Jambi
Email : aldaafrila00345@gmail.com

Abstract

Hyperglycemia chronic in diabetes mellitus results in nerve disorder as well as happen damage integrity skin / tissue. Prevention disturbance integrity skin is very important with non- pharmacological therapy considered more safe than modern medicine. One of intervention maintenance integrity skin with therapy massage technique *effluent massage* with *Virgin Coconut Oil (VCO)*/ oil which olive is technique to wipe very or twice a day effective in prevent damage integrity skin. Purpose study This For know care diabetes mellitus nursing with intervention maintenance integrity skin on Mrs. M in the room paper at H. Abdul Manap Regional Hospital, Jambi City. Methods used in study This is studies case. Samples taken in study This is a with problem disturbance integrity Diabetes Mellitus skin. Research data This taken with use method observation participatory, interview No structure, and documentation. Research result obtained that maintenance integrity skin with use *effluent massage* with oil olive / VCO can in the case of diabetes mellitus in Mrs. M showed repair. Repair symptoms that can observed among others obtained reddish decreased, temperature skin improved and texture get better as well as damage layer skin get better. Care diabetes mellitus nursing with intervention maintenance integrity skin on Mrs. M in the room The paper from H. Abdul Manap Regional Hospital, Jambi City was obtained results existence repair symptoms that can observed among others obtained reddish decreased, temperature skin improved and texture get better as well as damage layer skin get better. It is expected to party House Sick For can use *Evidence based (massage efflurage* with VCO/ oil administration olives,) as action independent and develop it in increase maintenance integrity skin in patients with diabetes mellitus.

Keywords : Diabetes Mellitus, *Massage Efflurage*, Oil Olive, Care Integrity Skin, *Virgin Coconut Oil (VCO)*

Introduction

The International Diabetes Federation (IDF) revealed that the global (world) prevalence of diabetes is amount diabetes mellitus sufferer worldwide 463 million soul in 2019 estimated will experience increase by 2030 to 578 million souls and in 2045 it will be 700 million soul. One of reason increasing prevalence of diabetes mellitus in developing countries is change style life, and the Republic of Indonesia is one of the developing countries that has high relative value the incidence of diabetes mellitus.

The prevalence of diabetes in Indonesia in 2019 was 11.3% (10.7 million) souls), Indonesia occupies ranked 7th in the world where Indonesia is the only country in Southeast Asia on the list, so can estimated the magnitude Indonesia's contribution to prevalence Diabetes Mellitus cases in Southeast Asia. Which sequence first in China (109.6 million) souls), second India (69.2 million) souls), third United States (29.3 million) soul), fourth Brazil (14.3 million) soul), fifth Russia (12.3 million) soul) and sixth Mexico (11.5 million people).⁽¹⁾

According to Ministry of Health of the Republic of Indonesia in (2018)⁽²⁾ Jambi Province itself occupy order to 26 with prevalence by (1.4%) with The highest cases of DM in Indonesia are DKI Jakarta Province (3.4%), East Kalimantan and Yogyakarta (3.1%). Based on data from the Jambi Provincial Health Service, it is known that Jambi Province is one of the provinces in Indonesia with the prevalence of diabetes mellitus continues to increase increase from 2018-2020. Data in the region Jambi Province shows that in 2018 there were 5,245 sufferers of diabetes mellitus, then Keep going increased in 2019 to 8,202 diabetes mellitus sufferers, in 2020 there were 7,179 diabetes mellitus sufferers, and in 2020 there were 7,179 diabetes mellitus sufferers, and in 2020 there were 7,179 diabetes mellitus sufferers. an increase in 2021 of 1543.⁽³⁾

Based on Initial data collection conducted by researchers of Diabetes Mellitus case data at Home Sick Regional Public Hospital (RSUD) H. Abdul Manap, Jambi City in the room paper on on in 2020-2022 there are 571 people and for data in 3 months final that is from month March-May as many as 57 good people experienced wound *diabetic* or not experience wound.

Diabetes mellitus experience insulin deficiency, causing glycogen increased, so that new sugar breakdown process occurs (*gluconeogenesis*) which causes increased fat metabolism. Insulin deficiency causes use glucose by cells become decreased, so that high plasma sugar levels (*Hyperglycemia*). Hyperglycemia can influence vessels blood small, artery small so that supply food and oxygen to peripheral become reduce the result influence nerves – nerves peripheral, system nerves autonomic and nervous system center so that result in nerve disorder as well as happen damage integrity skin / tissue.⁽⁴⁾

Damage integrity skin caused by drying out skin (disorders of regulation) body) which makes skin easy wounds and itching. Fluid thick body, and its circulation obstructed, as a result energy hot increased (*damp-heat*) causes the emergence irritation on the skin. Itching cause sensation that is not fun that triggers desire For scratching. Activity scratching is done Keep going continuously result in the occurrence inflammation cells and release histamine by the tip nerves that aggravate the itching.⁽⁵⁾

Prevention disturbance integrity skin is very important and can done with change position patient every two hours accompanied with massage. Massage is intervention nursing that can given to patient immobilization For guard hydration skin in limit reasonable. Non - pharmacological therapy considered more safe than modern medicine because Lots very effect side effects found in modern medicine. Maintenance actions wounds in patients with type 2

Diabetes Mellitus two use oil olives and *Virgin Coconut Oil* (VOC) have Lots benefit namely vitamin E for to moisturize skin as well as prevent the occurrence infection, vitamin K for speed up drying, healing wounds and bleeding in the body, vitamin C functions as formation cell blood red. As for the content oil olive that is oleo-chantal, vitamin C, vitamin E, vitamin K. Ingredients oleo-chantal is the potency of the oil olive For avoid inflammation.

Observation results right on time internship at H. Abdul Manap Regional Hospital especially in the Makalam Room, it was found that Lots patients who suffer diabetes mellitus disease being treated stay without given action non - pharmacologically that is about education health about foot care for patients with diabetes mellitus. Patients with diabetes mellitus who are treated stay usually only depends with therapy pharmacological, such as insulin drugs. Based on problems in the case above writer interested For do studies case in patient with problem diabetes mellitus disease that is poured in Work Final Scientific Nurses (KIAN) with title “ Foster Care Nursing Diabetes Mellitus With Intervention Maintenance Integrity Skin On Mrs. M In The Examination Room Of H. Abdul Manap Regional Hospital, Jambi City”.

Objective general writing work scientific This is For understand and apply Care Nursing Diabetes Mellitus With Intervention Maintenance Integrity Skin On Mrs. M In The Makalam Room Of H. Abdul Manap Regional Hospital, Jambi City In 2023.

Method

Study use method studies case, technique taking respondents used is *purposive* sampling. Respondents selected a patient with wound Diabetes Mellitus ulcer aged 51 years who experienced wound on the back of the right foot. Data collection in the study This taken with use method interview No structured, observation participatory and documentation. Data collection tools in the form of SOP (Standard Operational Procedure) oil olives used For application maintenance wound Diabetes Mellitus ulcer. Data analysis was performed after making Care Nursing that contains data, then the data is analyzed with analysis domain.

Results

The results of the study obtained researcher through anamnesis, observation and study documentation, above Mrs. M client name various sex Woman 51 years old with diagnosis medical diabetes mellitus, assessment conducted on June 7, 2023 with complaint Client say the body feels weak, client looks weak, client say There is nausea (+) vomiting (-), client say wound on one leg right since 1 week SMRS because stumble chair wound No visit get better

from wound small and getting bigger widening, skin of the feet is visible dry there is redness on the feet, skin on the feet looks peeling and feeling itchy. Client say His blood sugar levels also increased. During patient experience itching, action taken patient For overcome it only scratch part itchy body.

Past medical history, client say own history of Diabetes Mellitus from 10 years ago and using insulin therapy. Client say There is history hypertension and consuming drug hypertension. When it is done inspection physique body weight : 89 kg, height: 158 cm, BP: 191/93 mmHg, N: 85 x/ i, RR: 22x/ minute S: 36.3 ° C SPO₂: 99% and examination physique in a way *head to toe* is obtained No there is problem or disturbance at the time of doing inspection.

Complaint client happens in integrity skin that is the emergence redness on the legs. One of aspect main in giving care nursing care for patients is maintain integrity skin. This is can achieved with give maintenance planned skin and consistent. Care skin that is not planned and consistent can result in the occurrence disturbance integrity skin. Disorders integrity skin can caused by irritation skin, prolonged pressure or immobilization and impact the emergence wound decubitus. ⁽⁶⁾

Based on results examination of Mrs. M exists complaint main that is there is redness on the back of the foot, skin dry and there is damage layer skin (peeling). So that writer raise case diagnosis disturbance integrity skin relate with change circulation. Researchers prioritize diagnosis disturbance integrity skin that depicts response client to condition health or the life process that can cause client experience problem health.

Diagnosis disturbance interity skin proven with existence redness, skin dry and damaged layer skin (peeling). Problems patients who experience disturbance integrity skin need handled optimally so that incident the occurrence integrity skin increased. ⁽⁶⁾

Planning or intervention designed by the author based on Standard Intervention Indonesian Nursing Association (SIKI) Where the action to be taken done consists of from action observation, therapeutic, education, and collaboration. Time target achievement criteria results on all diagnosis determined with range the same time, namely 3 x 24 hours.

Intervention nursing care used in studies case This is maintenance integrity skin with activity nursingdo identification reason disturbance integrity skin (eg. changes circulation, changes in nutritional status, decreased humidity, temperature environment, decline mobilization), change position every 2 hours if bed rest, do massage on the protruding area

bone, use product made from petrol or oil on skin dry, recommend use moisturizer (eg. lotion, serum) and recommend increase intake fruits and vegetables.

Work write scientific This focused on intervention action therapeutic For maintenance integrity skin on diagnosis of disorders integrity skin in case. Planning or interventions that are designed writer For all diagnoses are done in accordance with theory and not There is gap between cases and theories.

Implementation done writer for 3 days in the case. Implementation in Mrs. M began on June 7, 2023 to June 9, 2023. In the study case This writer do implementation and evaluate condition patient every day in the working area of H. Abdul Manap Regional Hospital.

Client done implementation appropriate nursing care with intervention maintenance integrity skin. The implementation carried out, namely do identification reason disturbance integrity skin (eg. changes circulation, changes in nutritional status, decreased humidity, temperature environment and decline mobilization), regulate position every 2 hours if bed rest, do massage on the protruding area bones, using product petroleum based or oil on skin dry, recommend family patient For use moisturizer (eg. lotion, serum), recommend patient increase intake fruit and vegetables.

First action that is massage back effluent therapy massage is effort healing that is safe, effective, and without effect side ⁽⁷⁾. Allowed techniques only effluent However No For network above protruding bone, long time massage that is done Still varies between 4-5 minutes, massage effluent is a movement use all over surface palm hand attached to the part rubbed body. Form palm hands and fingers always adapt with part body rubbed. Hands rub in a way sociable or pellet going to to direction back.

Second action that is with use virgin coconut oil (VCO) for guard hydration skin in limit reasonable, VCO is very good For health skin contain moisturizer experience so that easy absorbed skin, contains vitamin E which can help guard skin to stay soft, smooth, and reduces risk cancer skin. ⁽⁵⁾

Third act that is with oil olives are also recommended For helps the regeneration process skin. Oil olive own other benefits are can, speed up freezing blood, reduce inflammation and accelerate growth granulation. Oil olive can made into moisturizer, inhibit growth germs certificate can to aggravate condition wounds, besides That own ability increase flow blood that is capable produce condition surface normal skin. For the treatment process skin, so that epithelialization process or regeneration process relatively more skin fast. ⁽⁵⁾

Implementation carried out author on case No find obstacle or significant constraints, clients can cooperate with good, cooperative, and understanding with what was conveyed writer. There is integrity level change skin from level 3 to level 4 so that integrity skin Enough improve and improve after given therapy complementary with maintenance integrity skin use *effleurage massage* with giving oil coconut and oil olive. Family patients in cases can also cooperate and support implementation with good. The author also teaches method maintenance integrity skin to family so that when client already treated way home integrity skin client still awake with Good.

Evaluation nursing care for patients with disturbance integrity skin relate with change circulation is show repair and improvement health patient, on the day third in patient Mrs. M after given intervention nursing with SIKI: care integrity skin : upgraded to level 4 with shown signs with Enough increase reddish reduced, skin moist and layer skin peel off decreased, and patient looks comfortable. At Mrs. M looks with condition experience improvement. If patient show signs repair so patient allowed go home with still given treatment.

Discussion

Implementation carried out author on case No find obstacle or significant constraints, clients can cooperate with good, cooperative, and understanding with what was conveyed writer. There is integrity level change skin from level 3 to level 4 so that integrity skin Enough improve and improve after given therapy complementary with maintenance integrity skin use *effleurage massage* with giving oil coconut and oil olive.

Therapy massage is effort healing that is safe, effective, and without effect side. Allowed techniques only effluent However noo for network above protruding bone or those who have show reddish or pale. the length of time the massage is used Still varies between 4-5 minutes.
(8)

According to Bambang⁽⁸⁾, effluent massage is a movement with use all over surface palm hand attached to the part rubbed body. Form palm hands and fingers always adapt with part body rubbed. Hands rub in a way sociable or pellet going to toward heart (centrifugal) for example rubbing on the chest, stomach and so on.

Massage is done in study This using virgin coconut oil (VCO), VCO is very good For health skin, contains moisturizer experience so that easy absorbed skin, contains vitamin E which can help guard skin to stay soft, smooth, and reduces risk cancer skin. According to Price

⁽⁹⁾, the fatty acid medium contained in VCO contains the same soap like in soap skin, there is scientific fat that becomes antimicrobial on the skin and protects skin from infection.

Non- pharmacological therapy considered more safe than modern medicine because Lots very effect side effects found in modern medicine. Oil olive is therapy non-pharmacological or herbal medicine for maintenance wound. Oil olive This have Lots benefit namely vitamin E for to moisturize skin as well as prevent the occurrence infection, vitamin K for speed up drying, healing wounds and bleeding in the body, vitamin C functions as formation cell blood red. As for the content oil olive that is oleochantal, vitamin C, vitamin E, vitamin K. ⁽¹⁰⁾

Oleochantal is the efficacy found in oil olive for avoid inflammation, and can also used for medicine outside like heal wound open which results in existence factor risk inflammation, redness, swelling and pain. ⁽⁵⁾

Maintenance actions wounds in patients with type 2 Diabetes Mellitus two use oil olive. Influence oil olive on damage integrity network skin on patient Diabetes Mellitus ulcer from results study based on Nasiri et al ⁽¹¹⁾, there is significant difference between two group against 3 ulcer parameters that is degree 0.03, color 0.04 and network around <0.001 and total ulcer status 0.001. Oil olive in a way significant reduced ulcer area by 0.01 and depth by 0.02 compared to with group control. Healing total ulcer in the group intervention in a way significant more big than group control (73.3% vs 13.3%, $P = 0.003$) at the end of follow-up continue. No There is effect reported side effects during research on groups intervention.

Conclusion

Based on results studies case care nursing disturbance integrity skin relate with change circulation in Diabetes Mellitus patient Mrs. M in the Makalam Room of H. Abdul Manap Regional Hospital, Jambi City, author can take conclusion as following :

Assessments conducted on patients objective data was obtained. Based on results client assessment found existence disturbance integrity skin marked with existence redness and damage layer skin. Client show problem nursing care is enforced is disturbance integrity skin Because supported by subjective and objective data as well as criteria results in accordance with theory.

Planning care nursing care for patients with disturbance integrity skin relate with change circulation with objective criteria results reddish decreased, temperature skin improved, texture getting better, i feel layer skin getting better, with quality upgraded to level 4 and maintained at level 3.

Implementation nursing customized with plan actions that have been writer stack. Implementation nursing care provided to patient Mrs. M is in accordance with with interventions that have been planned based on existing and appropriate theories with maintenance integrity skin. The implementation carried out author on case No find obstacle or significant obstacles, patients and families in cases can cooperate and support implementation with Good.

The evaluation obtained in the case of diabetes mellitus in Mrs. M showed repair. Repair symptoms that can observed among others obtained reddish decreased, temperature skin improved and texture get better as well as damage layer skin get better.

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