

ABSTRAK

Ulkus diabetikum merupakan komplikasi kronis diabetes melitus berupa luka terbuka pada kaki akibat neuropati, angiopati, dan penurunan imunitas, yang mengganggu penyembuhan serta meningkatkan risiko infeksi dan amputasi. Studi kasus ini bertujuan menggambarkan proses asuhan keperawatan dan menilai efektivitas salep sebagai modern dressing terhadap penyembuhan ulkus diabetikum grade 1. Tujuan khusus meliputi identifikasi kondisi luka, pelaksanaan intervensi modern dressing, dan evaluasi perkembangan penyembuhan luka.. Penelitian menggunakan pendekatan studi kasus dengan proses keperawatan (pengkajian, diagnosa, intervensi, implementasi, evaluasi). Subjek adalah pasien ulkus diabetikum grade 1 di Klinik Griya Afiat pada 6–11 Agustus 2025. Data dikumpulkan melalui wawancara, observasi, pemeriksaan fisik, dan dokumentasi rekam medis. Intervensi utama adalah perawatan luka dengan salep epitel, edukasi pasien, kontrol glukosa darah, dan monitoring luka. Evaluasi dilakukan setiap kunjungan dengan menilai ukuran luka, granulasi, epitelisasi, nekrosis, eksudat, dan tanda infeksi. Pada 6 Agustus 2025, luka berukuran 2,0 × 1,8 cm dengan granulasi ±50%, epitelisasi ±20%, nekrosis ±10%, dan eksudat ringan. Setelah perawatan hingga 11 Agustus 2025, granulasi meningkat ±70%, epitelisasi ±30%, nekrosis <5%, eksudat minimal, dan tanpa tanda infeksi. Pasien melaporkan nyeri menurun dan kenyamanan meningkat. Salep sebagai *modern dressing* efektif mempercepat penyembuhan ulkus diabetikum grade 1, meningkatkan granulasi dan epitelisasi, mengurangi nekrosis, serta menjaga kebersihan luka. Peran perawat penting dalam penerapan modern wound care, pengendalian glukosa, dan edukasi perawatan mandiri pasien.

Kata kunci : Salep, *Modern Dressing*, Ulkus Diabetikum

ABSTRACT

Diabetic ulcer is a chronic complication of diabetes mellitus, characterized by open wounds on the feet due to neuropathy, angiopathy, and decreased immunity, which impair healing and increase the risk of infection and amputation. This case study aims to describe the nursing care process and evaluate the effectiveness of ointment as a modern dressing in the healing of grade 1 diabetic ulcers. Specific objectives include assessing wound condition, implementing modern dressing interventions, and evaluating wound healing progress. The study employed a case study approach using the nursing process (assessment, diagnosis, intervention, implementation, evaluation). The subject was a patient with a grade 1 diabetic ulcer at Klinik Griya Afiat from August 6 to 11, 2025. Data were collected through interviews, direct observation, physical examination, and medical record review. The main intervention was wound care using epithelial ointment, patient education, blood glucose control, and wound monitoring. Evaluation was performed at each visit by assessing wound size, granulation, epithelialization, necrosis, exudate, and signs of infection. On August 6, 2025, the wound measured 2.0 × 1.8 cm, with approximately 50% granulation, 20% epithelialization, 10% necrosis, and mild exudate. After care until August 11, 2025, granulation increased to ±70%, epithelialization to ±30%, necrosis decreased to <5%, exudate was minimal, and no signs of infection were observed. The patient also reported reduced pain and increased comfort during care. Ointment as a modern dressing is effective in accelerating the healing of grade 1 diabetic ulcers, enhancing granulation and epithelialization, reducing necrosis, and maintaining wound cleanliness. Nurses play a crucial role in applying modern wound care principles, controlling blood glucose levels, and educating patients on self-care.

Keywords: Ointment, Modern Dressing, Diabetic Ulcer