

ABSTRAK

“EFEKTIVITAS PERAWATAN *DIABETIC FOOT ULCER* DENGAN MENGGUNAKAN MODERN DRESSING: *HIDROFIBER* DI PRAKTIK MANDIRI GRIYA AFIAT KOTA MAKSSAR”

Latar Belakang: Ulkus kaki diabetik (*Diabetic Foot Ulcer/DFU*) merupakan komplikasi kronis diabetes melitus yang sering menimbulkan kecacatan bahkan amputasi. Perawatan luka yang tepat dengan modern dressing seperti *Hydrofiber* penting untuk mempercepat penyembuhan, mengurangi risiko infeksi, serta meningkatkan kenyamanan pasien.

Tujuan: Penelitian ini bertujuan mengevaluasi efektivitas perawatan luka DFU dengan modern dressing jenis *Hydrofiber*. Secara khusus, penggunaan *Hydrofiber* ditujukan untuk mengontrol eksudat, menjaga kelembapan luka, mencegah infeksi, mengurangi nyeri, serta mempercepat pembentukan jaringan granulasi dan epitelisasi pada pasien DFU di Praktik Mandiri Griya Afiat Kota Makassar.

Metode: Studi kasus pada Ny. R, perempuan usia 51 tahun dengan DFU pada punggung kaki kiri hingga tulang betis. Pengkajian luka dilakukan dengan *Bates-Jensen Wound Assessment Tool*. Intervensi meliputi pembersihan luka, aplikasi *primary dressing* (salep epitel, hydrophobic, hydrofiber silver, alginate), *secondary dressing* berupa kasa steril, dan *tertiary dressing* berupa perban elastis.

Hasil: Setelah berapa hari perawatan, ukuran luka menurun dari 104 cm² menjadi 100 cm². Terjadi peningkatan jaringan granulasi hingga $\pm 60\%$, epitelisasi mencapai 50%, jaringan nekrotik berkurang 25%, eksudat terkontrol, dan tidak ditemukan tanda-tanda infeksi. Pasien juga melaporkan penurunan nyeri selama perawatan.

Kesimpulan: *Modern dressing Hydrofiber* efektif mempercepat proses penyembuhan luka DFU dalam waktu singkat melalui pengendalian eksudat, peningkatan granulasi, epitelisasi, dan pencegahan infeksi.

Saran: *Hydrofiber* dapat direkomendasikan sebagai pilihan utama dalam perawatan luka kronis terutama DFU, dan perlu dilakukan penelitian lebih lanjut dengan jumlah kasus yang lebih besar serta periode perawatan lebih panjang untuk memperkuat bukti efektivitasnya.

Kata Kunci: *Diabetic Foot Ulcer, Modern Dressing, Hydrofiber, Perawatan luka*

ABSTRAC

"EFFECTIVENESS OF DIABETIC FOOT ULCER TREATMENT USING MODERN DRESSING: HYDROFIBER AT THE INDEPENDENT PRACTICE OF GRIYA AFIAT, MAKASSAR CITY"

Background: *Diabetic Foot Ulcer (DFU) is a chronic complication of diabetes mellitus that can lead to disability or even amputation. The use of modern dressings such as Hydrofiber plays an essential role in accelerating wound healing, controlling exudate, preventing infection, and improving patient comfort.*

Objective: *To evaluate the effectiveness of Hydrofiber dressing in DFU wound care, specifically in controlling exudate, maintaining wound moisture, preventing infection, reducing pain, and accelerating granulation and epithelialization in a DFU patient treated at Griya Afiat Wound Care Clinic, Makassar.*

Method : *A case study was conducted on Mrs. R, a 51-year-old female with DFU on the dorsal side of the left foot extending to the calf. Wound assessment was performed using the Bates-Jensen Wound Assessment Tool. The intervention included wound cleansing, application of epithelial ointment, hydrophobic dressing, hydrofiber silver, and alginate dressing, followed by sterile gauze as a secondary dressing and an elastic bandage as tertiary dressing.*

Results: *After two days of treatment, the wound size decreased from 104 cm² to 100 cm². Granulation tissue increased to approximately 60%, epithelialization reached 50%, necrotic tissue decreased by 25%, exudate was well-controlled, and no signs of infection were observed. The patient also reported a reduction in pain intensity during the treatment period.*

Conclusion: *Wound care using Hydrofiber dressing proved effective in promoting DFU healing by controlling exudate, enhancing granulation and epithelialization, and preventing infection..*

Recommendation: *Hydrofiber can be recommended as a primary option for chronic wound care, especially DFU. Further studies with larger sample sizes and longer treatment periods are needed to strengthen evidence of its effectiveness. Hydrofiber dressing is recommended as a primary option for managing chronic wounds such as DFU. Further research with larger sample sizes and longer observation periods is needed to strengthen evidence of its effectiveness*

Keywords: *Diabetic Foot Ulcer, Modern Dressing, Hydrofiber, Wound Care*