

ABSTRAK
PERAWATAN LUKA MENGGUNAKAN METODE *ABSORBENT WOUND HEALING* PADA *DIABETIC FOOT ULCER (DFU)* DI PRAKTIK MANDIRI GRIYA AFIAT KOTA MAKASSAR

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Latar Belakang : Diabetic Foot Ulcer (DFU) merupakan komplikasi serius pada pasien diabetes melitus yang sering menghambat proses penyembuhan akibat infeksi, neuropati, dan gangguan vaskular. Pengelolaan luka yang tepat sangat penting untuk mencegah progresivitas luka dan komplikasi lanjutan seperti amputasi. Metode *absorbent wound healing*, khususnya menggunakan balutan *Hydrofiber*, menawarkan pendekatan efektif dalam mengelola eksudat dan menciptakan lingkungan luka yang optimal untuk penyembuhan.

Tujuan : Penelitian ini bertujuan untuk mengetahui pengaruh penerapan perawatan luka menggunakan metode *absorbent wound healing* pada pasien dengan DFU melalui pendekatan asuhan keperawatan.

Metode : Penelitian ini menggunakan pendekatan studi kasus dengan metode asuhan keperawatan yang meliputi pengkajian menggunakan instrumen Bates-Jensen Wound Assessment Tool (BJWAT), perumusan diagnosa keperawatan, perencanaan intervensi berbasis Standar Intervensi Keperawatan Indonesia (SIKI), implementasi perawatan luka menggunakan *Hydrofiber* sebagai *primary dressing*, serta evaluasi hasil intervensi selama periode perawatan di Praktik Mandiri Griya Afiat Kota Makassar.

Hasil : Hasil penelitian menunjukkan setelah intervensi, terjadi perubahan positif pada karakteristik luka, yaitu perubahan tipe eksudat dari purulen menjadi serosanguinous, penurunan jumlah eksudat dari banyak menjadi moderat, serta dominasi jaringan granulasi sehat (>75%), meskipun epitelisasi masih minimal dan infeksi belum sepenuhnya teratasi.

Kesimpulan : Penerapan metode *absorbent wound healing* dengan balutan *Hydrofiber* dalam asuhan keperawatan menunjukkan respons positif terhadap proses penyembuhan luka DFU, khususnya dalam pengelolaan eksudat dan stimulasi granulasi, namun memerlukan waktu dan intervensi lanjutan untuk mengatasi infeksi secara tuntas.

Kata Kunci: DFU, Absorbent Wound Healing, *Hydrofiber*

ABSTRACT

Wound Care Using the Absorbent Wound Healing Method for Diabetic Foot Ulcer (DFU) at Griya Afiat Independent Nursing Practice, Makassar City

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Background : Diabetic Foot Ulcer (DFU) is a serious complication in patients with diabetes mellitus, often impeding wound healing due to infection, neuropathy, and vascular impairment. Appropriate wound management is crucial to prevent wound progression and further complications such as amputation. The absorbent wound healing method particularly using Hydrofiber dressings offers an effective approach for managing wound exudate and creating an optimal wound environment conducive to healing.

Objective : This study aimed to examine the effect of applying wound care using the absorbent wound healing method in DFU patients through a nursing care approach.

Method : A case study design was employed, integrating a structured nursing care process: assessment using the Bates-Jensen Wound Assessment Tool (BJWAT), formulation of nursing diagnoses, planning of interventions based on the Indonesian Nursing Intervention Standards (SIKI), implementation of wound care using Hydrofiber as the primary dressing, and evaluation of intervention outcomes over the treatment period at Griya Afiat Independent Nursing Practice in Makassar City.

Result : Results showed positive wound changes following the intervention: exudate type shifted from purulent to serosanguinous, exudate volume decreased from heavy to moderate, and healthy granulation tissue became predominant (>75% coverage), although epithelialization remained minimal and infection was not yet fully resolved.

Conclusion : The application of the absorbent wound healing method using Hydrofiber dressings within the nursing care framework demonstrated a positive response in DFU wound healing especially in exudate management and granulation tissue stimulation yet required additional time and continued interventions to fully eradicate infection.

Keywords: Absorbent Wound Healing, DFU, Hydrofiber