

ABSTRAK

PERAWATAN LUKA KOMBINASI MODERN DRESSING DAN TERAPI OZON PADA LUKA DIABETIK FOOT ULCER DI ETN CENTER

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Latar Belakang: Diabetic Foot Ulcer (DFU) merupakan komplikasi serius pada pasien diabetes melitus yang berisiko tinggi terhadap infeksi, gangren, dan amputasi. Penyembuhan luka kronis seperti DFU sering terhambat oleh neuropati, iskemia, dan infeksi. Terapi kombinasi modern dressing dan terapi ozon menawarkan pendekatan inovatif yang dapat mempercepat penyembuhan melalui efek antimikroba.

Tujuan: Penelitian ini bertujuan untuk menggambarkan penerapan asuhan keperawatan pada pasien DFU melalui kombinasi modern dressing dan terapi ozon, serta mengevaluasi efektivitas intervensi tersebut terhadap progres penyembuhan luka.

Metode: Metode dalam penelitian adalah studi kasus ini menggunakan pendekatan asuhan keperawatan yang meliputi pengkajian komprehensif menggunakan instrumen Bates-Jensen Wound Assessment Tool (BJWAT), perumusan diagnosa keperawatan berdasarkan data subjektif dan objektif, perencanaan intervensi berbasis bukti, implementasi tindakan (meliputi pembersihan luka, debridemen ringan, terapi ozon, pemilihan balutan modern, serta edukasi), dan evaluasi hasil secara berkala.

Hasil: Hasil penelitian menunjukkan setelah menjalani intervensi kombinasi ozon dan modern dressing, terjadi penurunan signifikan ukuran luka dari 4-16 cm² menjadi <4 cm², hilangnya terowongan/goa, peningkatan jaringan granulasi (>25%<75%), serta percepatan epitelisasi (dari <25% menjadi 50% <75%). Meski demikian, luka belum sepenuhnya sembuh karena masih terdapat sisa jaringan nekrotik dan kedalaman luka yang belum menutup sempurna.

Kesimpulan: Kombinasi modern dressing dan terapi ozon dalam asuhan keperawatan menunjukkan respons positif dalam mempercepat penyembuhan luka DFU, meskipun memerlukan waktu dan perawatan lanjutan untuk mencapai kesembuhan total.

Kata Kunci: Diabetic Foot Ulcer, Modern Dressing, Terapi Ozon

ABSTRACT

WOUND CARE USING A COMBINATION OF MODERN DRESSING AND OZONE THERAPY FOR DIABETIC FOOT ULCERS AT ETN CENTER

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Background: Diabetic Foot Ulcer (DFU) is a serious complication of diabetes mellitus, carrying a high risk of infection, gangrene, and amputation. The healing process of chronic wounds such as DFU is often hindered by neuropathy, ischemia, and infection. The combination of modern dressing and ozone therapy offers an innovative approach to enhance wound healing through antimicrobial effects.

Objective: This study aims to describe the implementation of nursing care for patients with DFU using a combination of modern dressing and ozone therapy, and to evaluate the effectiveness of these interventions on wound healing progress.

Methods: This case study employed a nursing care approach that included comprehensive assessment using the Bates-Jensen Wound Assessment Tool (BJWAT), formulation of nursing diagnoses based on subjective and objective data, planning of evidence-based interventions, implementation of wound care procedures (including wound cleansing, light debridement, ozone therapy, selection of modern dressings, and patient education), and periodic evaluation of outcomes.

Results: The findings show that after undergoing the combined ozone therapy and modern dressing intervention, there was a significant reduction in wound size from 416 cm² to <4 cm², disappearance of tunneling, increased granulation tissue formation (>25% and <75%), and accelerated epithelialization (from <25% to 50-75%). However, complete healing was not yet achieved due to remaining necrotic tissue and incomplete wound depth closure.

Conclusion: The combination of modern dressing and ozone therapy as part of nursing care demonstrated a positive response in accelerating DFU wound healing, although continued care is required to achieve full recovery.

Keywords: Diabetic Foot Ulcer, Modern Dressing, Ozone Therapy