

Model Intervensi Kemandirian Diabetes Mellitus Berbasis Mobile Health

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Abstrak

Diabetes adalah penyakit kronik yang dikenal dengan "longlife disease" yang harus dikelola secara terus-menerus. Penelitian ini bertujuan membangun intervensi meningkatkan kemandirian pengelolaan DM dengan model DIEN (Diabetic Self-Reliance, Intervention, Electronic basis, Network system). Penelitian mixed method exploratory sequential melalui empat tahap penelitian. Tahap pertama mengidentifikasi determinan perilaku kemandirian pengelolaan DM; tahap kedua mengidentifikasi intervensi yang dibutuhkan dalam membangun perilaku kemandirian DM; tahap ketiga pengembangan model DIEN; tahap keempat uji coba model. Model DIEN dibuat berdasarkan temuan tahap satu dan dua, telah diuji coba dan saat ini dalam level pengembangan teknologi level tujuh.

Diabetes is a chronic disease known as a "long life disease" which must be managed continuously. This study aims to build interventions to increase the independence of DM management with the DIEN model (Diabetic Self-Reliance, Intervention, Electronic basis, Network system). This mixed method exploratory sequential study went through four stages of research. The first stage identifies the behavioural determinants of DM management independence; the second stage identifies the interventions needed to build DM independence behaviour; the third stage of developing the DIEN model; fourth stage model trials. The DIEN model was based on the findings of stages one and two, has been tested and currently at the level seven technology development level.