

BAB VI

SIMPULAN DAN SARAN

A. Simpulan

Berdasarkan hasil penelitian dan pembahasan, dapat dibuat kesimpulan sebagai berikut:

1. Sebagian besar responden berusia 62-76 tahun, durasi menderita DM 5-25 tahun dan berjenis kelamin perempuan sebanyak 50 orang (61,0%) sedangkan laki-laki sebanyak 32 orang (39,0%).
2. Sebagian besar responden tidak mengalami neuropati sebanyak 47 orang (57,3%) dan 35 orang (42,7%) responden mengalami neuropati.
3. Sebagian besar responden memiliki ABI normal sebanyak 55 orang (67,1%) dan 27 orang (3,9%) memiliki ABI gangguan vaskular.
4. Ada hubungan signifikan antara nilai ABI dengan neuropati perifer diabetik dengan nilai p sebesar 0,000 dan nilai OR sebesar 1,45 artinya pasien DM tipe 2 yang memiliki ABI gangguan vaskular berpeluang 1,45 kali mengalami neuropati perifer diabetik dibandingkan pasien DM tipe 2 yang memiliki ABI normal.

B. Saran

Saran dari hasil penelitian ini adalah sebagai berikut:

1. Pihak UPT. Puskesmas Klungkung I

- a. Pengambil kebijakan puskesmas perlu memasukkan intervensi pengukuran nilai ABI pada program pelayanan kesehatan DM fase kronis.

- b. Perawat puskesmas perlu melakukan screening neuropati perifer diabetik secara teratur sehingga kasus neuropati pada pasien DM tipe 2 bisa diketahui lebih cepat.
- c. Perawat puskesmas harus meningkatkan pengetahuan pasien DM tipe 2 melalui penyuluhan komplikasi DM agar pasien dapat mengenal tanda dan gejala neuropati sehingga penanganan bisa dilakukan dengan cepat.

2. Penelitian selanjutnya

- a. Agar mereplikasikan penelitian ini di ruang lingkup yang berbeda, sehingga dapat memberikan gambaran komprehensif yang berkontribusi terhadap terjadinya neuropati perifer diabetik.
- b. Agar dilakukan penelitian neuropati perifer diabetik menggunakan instrumen penelitian yang lebih spesifik dan melakukan pengkajian neuropati secara komprehensif.

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