

# **THE CAPACITY ENHANCEMENT OF HEALTH INSTRUCTORS IN DIABETES MELLITUS (DM) MANAGEMENT BY THE EMPOWERMENT METHOD TO PROMOTE PUBLIC HEALTH**

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## **ABSTRACT**

Diabetes mellitus (DM) is a non-communicable disease with a significant increase in the number of prevalence every year in the world, including in Indonesia. The problems found in the community are the lack of public knowledge about the signs and symptoms of DM, risk factors, nutritional needs, dietary adjustments, physical activity, and stress management. The purpose of community service (CS) was to increase the knowledge of health instructors about DM and to form an Assistance Group of Family-Based Diabetes Self-Management Education (AG-FBDSME) in Krakitan Village, Bayat District, Klaten Regency, Central Java.

The CS activity was attended by 34 health instructors in October 2022. This activity was divided into several stages, such as the preparation, implementation, and evaluation stages of activities. The preparation stage consisted of the observation and interviews with public health center staff and the preparation of training materials and activity evaluation sheets. The implementation stage by the empowerment method consisted of the lecturing of material, pre-test, and post-test, discussion, demonstration, the practice of checking blood sugar, and forming a Family KP-DSME.

Based on the results and discussion, it was concluded that the empowerment method could increase the knowledge and skills of health instructors in Krakitan Village regarding the symptoms of DM and its complications, nutritional needs and dietary adjustments, physical activity, and stress management for DM sufferers. The formation of an Assistance Group Family-Based Diabetes Self-Management Education (AG-FBDSME) is a promotive and preventive effort in the early detection of DM in Krakitan Village. The results of this PPM activity can be applied by health instructors in improving the health status of the Indonesian people.

Kata Kunci: *health instructor, diabetes mellitus management, empowerment method*