

**ANALISIS FAKTOR RISIKO KEJADIAN JATUH PADA LANSIA  
DENGAN DIABETES MELLITUS DI INSTALASI RAWAT JALAN POLI  
PENYAKIT DALAM RSUD WATES**

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**ABSTRAK**

**Latar Belakang :** Komplikasi akut dan kronis pada lansia DM dapat menyebabkan kejadian jatuh. Hal ini dapat menimbulkan dampak fisik, psikologis dan meningkatnya beban biaya perawatan. Salah satu upaya perawat dalam pencegahan jatuh pada lansia DM adalah dengan mengkaji faktor risiko.

**Tujuan:** Menganalisis faktor risiko yang paling mempengaruhi kejadian jatuh.

**Metodologi :** Penelitian ini menggunakan metode *cross sectional*. Responden berjumlah 60 orang dengan teknik *consecutive sampling*. Instrumennya adalah *Short Portable Mental Status Questionnaire (SPMSQ)*, *Time Up and Go Test* dan studi dokumentasi rekam medis. Analisa data bivariat menggunakan uji *chi-square* dan multivariat menggunakan uji regresi logistik.

**Hasil :** Terdapat hubungan yang bermakna antara usia ( $p=0,001$ ), fungsi kognitif ( $p=0,000$ ), fungsi neuromuskuloskeletal ( $p=0,000$ ), fungsi penglihatan ( $p=0,001$ ) dan status gula darah ( $p=0,004$ ) dengan kejadian jatuh. Faktor risiko yang paling mempengaruhi kejadian jatuh adalah fungsi kognitif dengan nilai OR = 132,416.

**Kesimpulan :** Lansia DM dengan gangguan fungsi kognitif berisiko 132 kali lebih besar mengalami jatuh dibandingkan dengan yang tidak memiliki gangguan fungsi kognitif.

**Kata kunci :** Lansia DM, faktor risiko, jatuh

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**RISK ANALYSIS ON THE FALLING INCIDENCE EXPERIENCED BY  
THE ELDERLY PATIENTS SUFFERING FROM DIABETES MELLITUS  
AT THE OUT PATIENT CARE POLI CLINIC INSTALLATION FOR  
INTERNAL DESEASES OF WATES REGIONAL PUBLIC HOSPITAL**

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**ABSTRACT**

**Background :** Acute and chronic complication experienced by the elderly patients suffering from Diabetes Mellitus may cause the falling incidence resulting in physical and psychological impacts, as well as the increasing nursing cost. One nursing effort to prevent the falling incidence by the elderly patients suffering Diabetes Mellitus is by analyzing the risk factors.

**Objective :** Analyzing the risk factors mostly influence the falling incidence.

**Methodology :** This research had employed a cross sectional method. 60 respondents were obtained using a consecutive sampling technique. The research instrument include Short Portable Mental Status Questionnaire (SPMSQ), Time Up and Go Test, and Medical Record Documentation study. The bivariate and multivariate data were respectively analyzed using chi-square test and logistic regression test.

**Result :** There is significant relationship of age ( $p=0,001$ ), cognitive function ( $p=0,000$ ), neuromusculoskeleton function ( $p=0,000$ ), vision function ( $p=0,001$ ), and blood glucose status ( $p=0,004$ ) with the falling incidence. The risk factor mostly influencing the falling incidence is cognitive function with the OR value = 132,416.

**Conclusion :** The elderly patients suffering from Diabetes Mellitus with the cognitive function distrubance has 132 times greater to experience falling incidence than those with no cognitive function.

**Keywords :** Elderly patients suffering from Diabetes Mellitus, risk factor, falling incidence.

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