

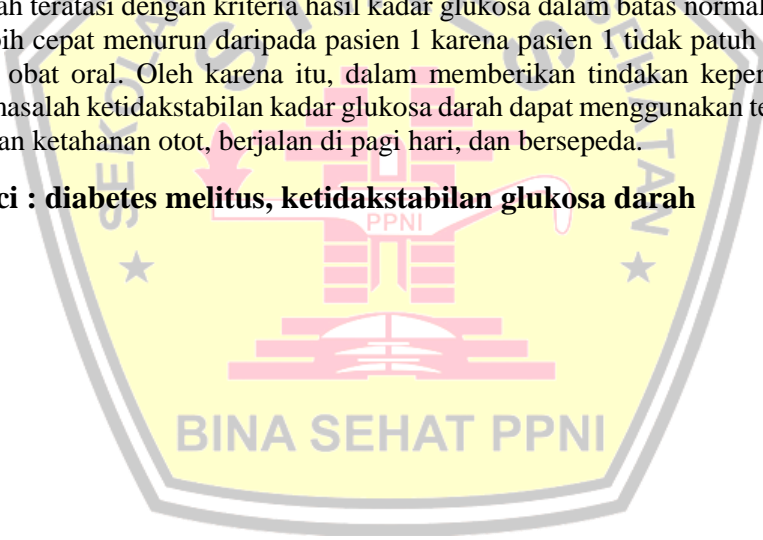
ABSTRAK

ASUHAN KEPERAWATAN DENGAN MASALAH KETIDAKSTABILAN KADAR GLUKOSA DARAH (HIPERGLIKEMIA) PADA PASIEN DIABETES MELITUS TYPE II DI RSUD Dr. WAHIDIN SUDIRO HUSODO MOJOKERTO

OLEH : INGGIL NAVISATUL ABIDAH

Hiperglikemia merupakan salah satu tanda yang sering terjadi pada penderita diabetes melitus. Hiperglikemia adalah kondisi peningkatan kadar glukosa darah yang dapat berlangsung akut dan kronis. Tujuan penelitian ini adalah untuk melaksanakan asuhan keperawatan dengan masalah ketidakstabilan kadar glukosa darah pada pasien diabetes melitus type II di RSUD Dr. Wahidin sudiro husodo Mojokerto. Metode penelitian yang digunakan adalah deskriptif yaitu studi kasus, meliputi wawancara, observasi, pemeriksaan fisik dan dokumentasi. Pada kedua pasien terjadi ketidakstabilan kadar glukosa darah karena faktor pola makan, dan dilakukan tindakan asuhan keperawatan selama 3 hari dengan intervensi dan implementasi yang sama sesuai dengan etiologi masalah. Berdasarkan penelitian, didapatkan hasil pada kedua pasien ketidakstabilan kadar glukosa darah teratasi dengan kriteria hasil kadar glukosa dalam batas normal. Tetapi pada pasien 2 lebih cepat menurun daripada pasien 1 karena pasien 1 tidak patuh terhadap diet dan minum obat oral. Oleh karena itu, dalam memberikan tindakan keperawatan guna mengatasi masalah ketidakstabilan kadar glukosa darah dapat menggunakan terapi *exercise* seperti latihan ketahanan otot, berjalan di pagi hari, dan bersepeda.

Kata Kunci : diabetes melitus, ketidakstabilan glukosa darah



ABSTRACT

NURSING CARE WITH THE PROBLEM OF UNSTABLE BLOOD GLUCOSE LEVELS IN PATIENTS WITH DIABETIC MELLITUS IN THE RSUD Dr. WAHIDIN SUDIRO HUSODO MOJOKERTO

BY : INGGIL NAVISATUL ABIDAH

Hyperglycemia is one of the signs that often occurs in people with diabetes mellitus. Hyperglycemia is a condition of increased blood glucose levels that can take place acutely and chronically. The purpose of this study was to carry out nursing care with the problem of unstable blood glucose levels in Diabetes Mellitus patients in the RSUD Dr. Wahidin sudiro husodo Mojokerto. The research method used is descriptive, namely case studies, including interviews, observation, physical examination, and documentation. In both patients, blood glucose levels were unstable due to dietary factors, and nursing care was carried out for 3 days with the same intervention and implementation according to the etiology of the problem. Based on the research, the results obtained in both patients that the instability of blood glucose levels was resolved with the criteria for the results of glucose levels being within normal limits. But in patient 2 it decreased faster than patient 1 because patient 1 did not adhere to the diet and took oral medication. Therefore, in providing nursing actions to overcome the problem of unstable blood glucose levels, can use exercise therapy such as muscle endurance exercises, morning walks, and cycling.

Keywords : diabetic mellitus, unstable blood glucose levels

