

ABSTRAK

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Program Studi : Profesi Ners
Judul : Analisis Asuhan Keperawatan Lansia Diabetes Melitus
Dengan Perfusi Perifer Tidak Efektif Melalui Senam Kaki
Diabetik
Pembimbing : Rina Nur Hidayati., M.Kep., Sp.Kep.Kom

Diabetes melitus merupakan penyakit metabolik kronis yang dapat menyebabkan gangguan perfusi perifer akibat hiperglikemia berkepanjangan sehingga meningkatkan risiko neuropati dan komplikasi pada ekstremitas bawah. Metode yang digunakan adalah studi kasus dengan pendekatan proses keperawatan pada Ny. T, perempuan berusia 62 tahun yang tinggal di panti werdha. Pengumpulan data dilakukan melalui wawancara, observasi, pemeriksaan fisik, dan studi dokumentasi. Intervensi keperawatan meliputi pemantauan sirkulasi perifer, pemeriksaan *Ankle Brachial Index* (ABI), pemeriksaan sensitivitas kaki, pemantauan kadar glukosa darah, senam kaki diabetik selama 10–15 menit selama tiga hari, edukasi mengenai tanda dan gejala gangguan sirkulasi perifer, serta kolaborasi pemberian glibenclamide. Hasil menunjukkan pasien mengalami kesemutan, kebas, kaki terasa dingin, lesi pada kaki, kadar glukosa darah 211 mg/dL, *Capillary Refill Time* (CRT) 3 detik, dan ABI 0,85. Setelah intervensi, keluhan kesemutan dan kebas berkurang, pasien mampu melakukan senam kaki diabetik secara mandiri, CRT membaik menjadi 2 detik, ABI meningkat menjadi 0,90, dan kadar glukosa darah menurun menjadi 168 mg/dL. Hasil studi kasus ini menunjukkan bahwa penerapan asuhan keperawatan secara komprehensif melalui senam kaki diabetik, pemantauan perfusi perifer, edukasi, dan kolaborasi terapi farmakologis dapat mendukung perbaikan perfusi perifer pada pasien diabetes melitus.

Kata kunci : asuhan keperawatan, diabetes melitus, perfusi perifer tidak efektif, senam kaki diabetik, lansia

ABSTRACT

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Study Program : Professional Nursing Program
Title : *Analysis of Geriatric Nursing Care in Patients with Diabetes Mellitus Experiencing Ineffective Peripheral Perfusion Through Diabetic Foot Exercise*
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Diabetes mellitus is a chronic metabolic disease that can lead to impaired peripheral perfusion due to prolonged hyperglycemia, thereby increasing the risk of peripheral neuropathy and lower extremity complications. This study employed a case study design using the nursing process approach involving Mrs. T, a 62-year-old woman residing in a nursing home. Data were collected through interviews, observations, physical examinations, and documentation review. Nursing interventions included monitoring peripheral circulation, measuring the Ankle-Brachial Index (ABI), assessing foot sensitivity, monitoring fasting blood glucose levels, implementing diabetic foot exercises for 10–15 minutes daily over three consecutive days, providing education on the signs and symptoms of impaired peripheral circulation, and collaborating in the administration of glibenclamide therapy. The initial assessment revealed that the patient experienced tingling, numbness, cold feet, foot lesions, a fasting blood glucose level of 211 mg/dL, a Capillary Refill Time (CRT) of 3 seconds, and an ABI of 0.85. Following the interventions, the patient's complaints of tingling and numbness decreased, she was able to perform diabetic foot exercises independently, the CRT improved to 2 seconds, the ABI increased to 0.90, and the fasting blood glucose level decreased to 168 mg/dL. The findings of this case study indicate that comprehensive nursing care, including diabetic foot exercises, peripheral perfusion monitoring, patient education, and collaborative pharmacological therapy, can contribute to improving peripheral perfusion in patients with diabetes mellitus.

Keywords: *nursing care, diabetes mellitus, ineffective peripheral perfusion, diabetic foot exercise, older adults.*