

ABSTRAK

ASUHAN KEPERAWATAN KLIEN YANG MENGALAMI DIABETES MELITUS TIPE 2 DENGAN KETIDAKSTABILAN KADAR GLUKOSA DARAH DI RSUD Dr. WAHIDIN SUDIRO HUSODO MOJOKERTO

Oleh : Luly Rismi Angger

Diabetes melitus tipe 2 merupakan penyakit metabolik kronis yang ditandai hiperglikemia akibat resistensi insulin dan gangguan sekresi insulin. Ketidakstabilan kadar glukosa darah yang tidak terkontrol dapat memicu komplikasi mikrovaskular maupun makrovaskular, seperti nefropati, neuropati, retinopati, hingga penyakit kardiovaskular. Tujuan penelitian ini untuk memberikan asuhan keperawatan klien yang mengalami diabetes melitus tipe 2 dengan ketidakstabilan kadar glukosa darah di RSUD Wahidin Sudiro Husodo Mojokerto. Metode penelitian ini menggunakan desain studi kasus pada dua partisipan dengan diagnosis medis diabetes melitus tipe 2 dan masalah keperawatan ketidakstabilan kadar glukosa darah. Pengumpulan data dilakukan melalui wawancara, observasi, pemeriksaan fisik, dan dokumentasi rekam medis selama tiga hari perawatan. Hasil penelitian menunjukkan kedua partisipan mengalami penurunan kadar glukosa darah <200 mg/dL disertai keluhan lemas, mulut kering, poliuria, dan polidipsia. Diagnosa utama yang ditegakkan adalah ketidakstabilan kadar glukosa darah berhubungan dengan resistensi insulin. Intervensi keperawatan meliputi pemantauan glukosa darah, manajemen hiperglikemia, edukasi diet dan kepatuhan terapi, pemantauan cairan, senam kaki diabetik, serta kolaborasi pemberian insulin dan cairan intravena. Evaluasi menunjukkan adanya penurunan keluhan lemas, penurunan frekuensi haus dan berkemih, serta perbaikan kadar glukosa darah. Asuhan keperawatan yang komprehensif dan berkelanjutan efektif membantu stabilisasi kadar glukosa darah serta menurunkan risiko komplikasi pada pasien diabetes melitus tipe 2.

Kata Kunci : diabetes melitus tipe 2, hiperglikemia, ketidakstabilan kadar glukosa darah

ABSTRACT

NURSING CARE FOR CLIENTS WITH TYPE 2 DIABETES MELLITUS AND BLOOD GLUCOSE INSTABILITY AT Dr. WAHIDIN SUDIRO HUSODO HOSPITAL MOJOKERTO

By : Luly Rismi Angger

Type 2 diabetes mellitus is a chronic metabolic disease characterized by hyperglycemia caused by insulin resistance and impaired insulin secretion. Uncontrolled blood glucose instability can trigger microvascular and macrovascular complications, such as nephropathy, neuropathy, retinopathy, and cardiovascular disease. The purpose of this study was to provide nursing care for clients with type 2 diabetes mellitus experiencing blood glucose instability at Dr. Wahidin Sudiro Husodo Hospital Mojokerto. This study used a case study design involving two participants diagnosed with type 2 diabetes mellitus and nursing problems of blood glucose instability. Data collection was conducted through interviews, observations, physical examinations, and medical record documentation during three days of treatment. The study results indicate that both participants experienced blood glucose level <200 mg/dL accompanied by complaints of weakness, dry mouth, polyuria, and polydipsia. The main nursing diagnosis established was blood glucose instability related to insulin resistance. Nursing interventions included monitoring blood glucose levels, hyperglycemia management, dietary education and therapy adherence, fluid monitoring, diabetic foot exercises, and collaboration in administering insulin and intravenous fluids. The evaluation showed a decrease in complaints of weakness, reduced frequency of thirst and urination, and improvement in blood glucose levels. Comprehensive and continuous nursing care was effective in helping stabilize blood glucose levels and reducing the risk of complications in patients with type 2 diabetes mellitus.

Keywords: type 2 diabetes mellitus, hyperglycemia, blood glucose instability.