

ABSTRAK

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Program Studi : Profesi Ners

Judul : Analisis Asuhan Keperawatan Pasien Diabetes Melitus Tipe II Dengan Perfusi Perifer Tidak Efektif Melalui Range Of Motion Di Rumah Sakit Umum Daerah R.T Notopuro Sidoarjo

Pembimbing : Hj. Ima Rahmawati, S.Kep., Ns., M.Si., M.Kep

Diabetes melitus tipe II merupakan penyakit metabolik kronis yang ditandai hiperglikemia berkepanjangan dan dapat menyebabkan neuropati perifer. Kondisi tersebut mengakibatkan penurunan sensitivitas kaki yang ditandai dengan kebas, kesemutan, serta meningkatnya risiko ulkus diabetik. Salah satu intervensi nonfarmakologis yang dapat dilakukan untuk meningkatkan sirkulasi perifer dan sensitivitas kaki adalah latihan Range of Motion (ROM). Tujuan studi kasus ini adalah menganalisis asuhan keperawatan pada pasien diabetes melitus tipe II dengan penurunan sensitivitas kaki melalui penerapan Active Lower Range of Motion. Penelitian menggunakan desain studi kasus deskriptif dengan pendekatan proses keperawatan yang meliputi pengkajian, diagnosis, intervensi, implementasi, dan evaluasi. Subjek penelitian adalah Ny. S, usia 64 tahun, dengan diagnosis medis diabetes melitus yang dirawat di Ruang Tulip 2 Timur RSUD R.T. Notopuro Sidoarjo. Pengumpulan data dilakukan melalui wawancara, observasi, pemeriksaan fisik termasuk Ipswich Touch Test, dan dokumentasi rekam medis. Intervensi Active Lower ROM diberikan selama tiga hari perawatan. Hasil pengkajian menunjukkan pasien mengeluh kebas dan kesemutan pada kedua kaki, akral dingin, kulit kaki kering, kadar glukosa darah sewaktu 286 mg/dL, serta hasil Ipswich Touch Test menunjukkan Loss of Protective Sensation pada tiga titik kaki kiri. Setelah tiga hari latihan ROM, keluhan kebas dan kesemutan berkurang, akral terasa hangat, capillary refill time membaik, dan sensitivitas kaki meningkat. Penerapan Active Lower ROM membantu meningkatkan perfusi jaringan perifer dan sensitivitas kaki melalui peningkatan sirkulasi darah dan aktivitas otot. Intervensi ini dapat direkomendasikan sebagai bagian dari asuhan keperawatan pada pasien diabetes melitus tipe II dengan penurunan sensitivitas kaki.

Kata Kunci: Diabetes Melitus Tipe II; Penurunan Sensitivitas Kaki; Range of Motion (ROM); Asuhan Keperawatan

ABSTRACT

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Study Programs : Nurse Profession

Title : Analysis of Nursing Care for Type II Diabetes Mellitus Patients with Ineffective Peripheral Tissue Perfusion Through Range of Motion at R.T Notopuro Sidoarjo Regional General Hospital

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Type II Diabetes Mellitus is a chronic metabolic disease characterized by prolonged hyperglycemia and may lead to peripheral neuropathy. This condition causes decreased foot sensitivity, which is characterized by numbness, tingling sensations, and an increased risk of diabetic foot ulcers. One of the non-pharmacological interventions that can be applied to improve peripheral circulation and foot sensitivity is Range of Motion (ROM) exercise. This case study aimed to analyze nursing care in a patient with Type II Diabetes Mellitus experiencing decreased foot sensitivity through the implementation of Active Lower Range of Motion. This study employed a descriptive case study design using the nursing process approach, which included assessment, nursing diagnosis, intervention, implementation, and evaluation. The subject of the study was Mrs. S, a 64-year-old patient diagnosed with diabetes mellitus and hospitalized in Tulip 2 East Ward at R.T. Notopuro Regional General Hospital, Sidoarjo. Data were collected through interviews, observations, physical examinations including the Ipswich Touch Test, and medical record documentation. Active Lower ROM exercises were administered for three consecutive days. The assessment results showed that the patient complained of numbness and tingling in both feet, cold acral extremities, dry foot skin, a random blood glucose level of 286 mg/dL, and Ipswich Touch Test results indicating Loss of Protective Sensation at three points on the left foot. After three days of ROM exercises, complaints of numbness and tingling decreased, the acral extremities became warm, capillary refill time improved, and foot sensitivity increased. The implementation of Active Lower ROM helped improve peripheral tissue perfusion and foot sensitivity through enhanced blood circulation and muscle activity. This intervention can be recommended as part of nursing care for patients with Type II Diabetes Mellitus experiencing decreased foot sensitivity.

Keywords: Type II Diabetes Mellitus; decreased sensitivity of the feet; Range of Motion (ROM); Nursing Care