

ABSTRAK

Harma Sapitri Utamia (2021). Asuhan Keperawatan Pada Ny. H Dengan Diabetes Melitus Tipe II di wilayah kerja Puskesmas Melur Pekanbaru. Karya Tulis Ilmiah Asuhan Keperawatan, Program Studi DIII Keperawatan, Jurusan Keperawatan, Politeknik Kesehatan Kemenkes Riau. (I) Idayanti, SPd., M.Kes (II) Hj. Rusherina, S.Pd, S.Kep, M.Kes

Diabetes melitus adalah keadaan hiperglikemi kronik yang disertai berbagai kelainan metabolik akibat gangguan hormonal yang menimbulkan berbagai komplikasi kronik pada mata, ginjal, saraf dan pembuluh darah. Tanda dan gejala diabetes melitus yaitu poliuria, polifagia, kelemahan, gangguan penglihatan, kebas, penurunan berat badan. Saat dilakukan pengkajian didapatkan hasil Ny. H berusia 48 tahun, Ny. H mengatakan badannya terasa lemah dan lesu, terasa kebas pada bagian telapak kaki dan tidak bisa melakukan aktivitas berat dan lama, Indeks Massa Tubuh 30,2, terapi yang diberikan Metformin HCL 500 mg sesudah makan, Tidak ada ditemukan masalah pada pemeriksaan fisik lainnya seperti integument, dada, kepala, genitalia. Riwayat penyakit Ny. H adalah hipertensi, Ny. H tidak ada mengalami alergi makanan atau obat-obatan, Ny. H mengatakan sudah 2 tahun menderita penyakit DM, tetapi kurang untuk melakukan pengobatan rutin dan kurang terpapar informasi mengenai penyakitnya sehingga gula darahnya tidak terkontrol. Diagnosa yang muncul ada empat yaitu ketidakstabilan glukosa darah, manajemen kesehatan tidak efektif, intoleransi aktivitas dan berat badan lebih. Setelah dilakukan asuhan keperawatan keempat diagnosa masalah tersebut dapat teratasi. Diharapkan kepada penderita Diabetes Melitus tipe II untuk melakukan kontrol gula darah, diet makan dan olahraga, minum obat secara teratur serta dapat menghindari perilaku yang dapat memicu meningkatnya kadar gula darah pada penderita.

Kata kunci : Asuhan Keperawatan, Diabetes Melitus (DM), Hiperglikemia

ABSTRACT

Harma Sapitri Utamia (2021). Nursing Care for Mrs. H with Type II Diabetes Mellitus in the work area of the Pekanbaru Melur Health Center. Scientific Writing of Nursing Care, DIII Nursing Study Program, Department of Nursing, Health Polytechnic of the Riau Ministry of Health. (I) Idayanti, SPd., M.Kes (II) Hj. Rusherina, S.Pd, S.Kep, M.Kes

Diabetes mellitus is a chronic hyperglycemic state accompanied by various metabolic disorders due to hormonal disorders that cause various chronic complications in the eyes, kidneys, nerves and blood vessels. Signs and symptoms of diabetes mellitus are polyuria, polyphagia, weakness, visual disturbances, numbness, weight loss. When the study was conducted, it was found that Ny. H is 48 years old, Mrs. H said his body felt weak and lethargic, felt numb in the soles of the feet and could not do strenuous and long activities, Body Mass Index 30.2, therapy was given Metformin HCL 500 mg after eating, No problems were found on other physical examinations such as integument , chest, head, genitalia. History of Mrs. H is hypertension, Mrs. H does not have any food or drug allergies, Mrs. H said that he had been suffering from DM for 2 years, but lacked regular treatment and was not exposed to information about his illness so that his blood sugar was not controlled. There were four diagnoses, namely blood glucose instability, ineffective health management, activity intolerance and overweight. After nursing care, the four diagnoses of the problem can be resolved. It is expected that people with Type II Diabetes Mellitus to control blood sugar, diet and exercise, take medication regularly and can avoid behaviors that can trigger increased blood sugar levels in sufferers.

Keywords: Nursing Care, Diabetes Mellitus (DM), Hyperglycemia