

ABSTRAK

Sri Ningsih (2024). Asuhan Keperawatan Lansia Diabetes Melitus Tipe 2 Dengan Ketidakstabilan Kadar Glukosa Darah diwilayah kerja UPTD Puskesmas Pekan Heran. Karya Tulis Ilmiah Studi Kasus, Program Studi DIII Keperawatan Diluar Kampus Utama, Jurusan Keperawatan, Poltekkes Kemenkes Riau. Pembimbing (I) Ns. Sety Julita, M.Kep (II) Ns. Yulianto, S.Kep, M.Pd, MPH

Diabetes merupakan penyakit yang ditandai dengan kadar gula darah yang lebih tinggi dari normal secara kronis (hiperglikemia), yaitu kadar gula darah puasa ≥ 126 mg/dl dan kadar gula darah intermiten ≥ 200 mg/dl. Jumlah penderita diabetes mellitus saat ini mencapai 260 kasus dan mengalami ketidakstabilan kadar glukosa darah sebanyak 262 kasus diwilayah kerja Puskesmas Pekan Heran. Tujuan penelitian adalah peneliti mampu memberikan Asuhan Keperawatan Lansia diabetes melitus tipe 2 dengan masalah ketidakstabilan kadar glukosa darah dengan metode studi kasus. Hasil dari studi kasus ini adalah kadar glukosa dalam darah membaik, mengantuk menurun, lelah menurun, lesu menurun, haus menurun, mulut kering menurun, jumlah urin membaik. Saran untuk penulis selanjutnya adalah diharapkan mampu menemukan dan mengenal lebih dalam mengenai ketidakstabilan kadar glukosa darah yang terjadi pada penderita diabetes mellitus tipe 2 sehingga masalah dapat teratasi.

Kata kunci : Asuhan Keperawatan Lansia, Diabetes Melitus Tipe 2, Ketidakstabilan Kadar Glukosa Darah

ABSTRACT

Sri Ningsih (2024). Nursing care for the elderly with diabetes mellitus type 2 with unstable blood glucose levels in the UPTD work area of Pekan Heran Community Health Center. Case Study Scientific Writing, DIII Nursing Study Program Outside the Main Campus, Nursing Department, Health Polytechnic, Ministry of Health, Riau. Supervisor (I) Ns. Sety Julita, M. Kep (II) Ns. Yulianto, S.Kep, M.Pd, MPH

Diabetes is a disease characterized by chronically higher than normal blood sugar levels (hyperglycemia), namely fasting blood sugar levels ≥ 126 mg/dl and intermittent blood sugar levels ≥ 200 mg/dl. The number of diabetes mellitus sufferers currently reaches 260 cases and 262 cases experience unstable blood glucose levels in the Pekan Heran Community Health Center working area. The aim of the research is that researchers are able to provide nursing care for elderly people with type 2 diabetes mellitus who have problems with unstable blood glucose levels using the case study method. The results of this case study are that blood glucose levels have improved, drowsiness has decreased, fatigue has decreased, lethargy has decreased, thirst has decreased, dry mouth has decreased, urine output has improved. Suggestions for further authors are that they hope to be able to find and know more about the instability of blood glucose levels that occurs in people with type 2 diabetes mellitus so that the problem can be resolved.

Keywords: Elderly Nursing Care, Type 2 Diabetes Mellitus, Instability of Blood Glucose Levels