

## ABSTRAK

Meika Sri Yohance Tambun (2026). Asuhan Keperawatan dengan Masalah Ketidakstabilan Kadar Glukosa Darah pada Klien Diabetes Melitus Tipe 2 di Wilayah Kerja Puskesmas Simpang Tiga Kota Pekanbaru. Karya Tulis Ilmiah Studi Kasus, Program Studi DIII Keperawatan Pekanbaru, Jurusan Keperawatan, Politeknik Kesehatan Kemenkes Riau. Pembimbing (I) Ns. Ardenny, S.Kep., M.Kep. (II) Dr. Ibnu Rusdi, S.Kp., M.Kes.

Diabetes melitus tipe 2 merupakan penyakit metabolik yang ditandai dengan resistensi insulin sehingga menyebabkan peningkatan kadar glukosa darah (hiperglikemia). Masalah keperawatan yang sering muncul adalah ketidakstabilan kadar glukosa darah yang memerlukan penanganan secara komprehensif. Penelitian ini untuk menggambarkan asuhan keperawatan pada klien diabetes melitus tipe 2 dengan fokus pada masalah ketidakstabilan kadar glukosa darah. Studi kasus deskriptif pada Ny. A usia 58 tahun di wilayah kerja Puskesmas Simpang Tiga Kota Pekanbaru selama 4 hari, tanggal 11–14 April 2026. Klien mengeluhkan kadar gula darah yang sering meningkat, mudah lelah, polifagia, kesemutan pada kedua kaki, dengan kadar glukosa darah sewaktu 233 mg/dL. Diagnosis keperawatan yang ditegakkan yaitu ketidakstabilan kadar glukosa darah berhubungan dengan resistensi insulin (hiperglikemia). Intervensi yang diberikan berupa manajemen hiperglikemia meliputi observasi, terapeutik, dan edukasi. Tindakan nonfarmakologis utama yang diberikan adalah senam kaki diabetes. Hasil evaluasi menunjukkan penurunan kadar glukosa darah sewaktu dari 233 mg/dL menjadi 185 mg/dL, klien tampak lebih rileks, keluhan berkurang, dan mampu melakukan senam kaki diabetes secara mandiri. Dapat disimpulkan bahwa senam kaki diabetes dan edukasi kesehatan berperan dalam membantu mengontrol kadar glukosa darah pada klien dengan diabetes melitus tipe 2.

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

## ***ABSTRACT***

Meika Sri Yohance Tambun (2026). Nursing Care for Clients with Unstable Blood Glucose Levels in Type 2 Diabetes Melitus at the Simpang Tiga Public Health Center, Pekanbaru. Case Study Scientific Paper, Diploma III Nursing Study Program, Department of Nursing, Health Polytechnic of the Ministry of Health Riau. Supervisor (I) Ns. Ardenny, S.Kep., M.Kep. (II) Dr. Ibnu Rusdi, S.Kp., M.Kes.

Type 2 diabetes mellitus is a metabolic disease characterized by insulin resistance, resulting in increased blood glucose levels (hyperglycemia). One of the most common nursing problems is unstable blood glucose levels, which require comprehensive management. This study aimed to describe nursing care for a client with type 2 diabetes mellitus focusing on the problem of unstable blood glucose levels. A descriptive case study was conducted on Mrs. A, a 58-year-old client, in the working area of Simpang Tiga Public Health Center, Pekanbaru City, for four days from April 11 to April 14, 2026. The client complained of frequently elevated blood glucose levels, easy fatigue, polyphagia, tingling sensations in both feet, and had a random blood glucose level of 233 mg/dL. The nursing diagnosis established was unstable blood glucose levels related to insulin resistance (hyperglycemia). The interventions provided included hyperglycemia management consisting of observation, therapeutic interventions, and health education. The main non-pharmacological intervention implemented was diabetic foot exercise. Evaluation results showed a decrease in random blood glucose levels from 233 mg/dL to 185 mg/dL, the client appeared more relaxed, experienced reduced complaints, and was able to perform diabetic foot exercises independently. It can be concluded that diabetic foot exercises and health education play an important role in helping to control blood glucose levels in clients with type 2 diabetes mellitus.

**Keywords:** Nursing Care, Type 2 Diabetes Melitus, Unstable Blood Glucose Levels.