

ABSTRAK

Nesfa Salsa Heriati (2026). *Asuhan Keperawatan Pada Klien Yang Mengalami Diabetes Melitus Tipe 2 Dengan Masalah Ketidakstabilan Kadar Glukosa Darah Di Wilayah Kerja Puskesmas Tenayan Raya Pekanbaru*. Karya Tulis Ilmiah Studi Kasus, Program Studi DIII Keperawatan, Jurusan Keperawatan, Politeknik Kesehatan Kemenkes Riau. Pembimbing (I) Hernitati, S.Pd., S.Kep., M.K.M (II) Ns. Melly, SST., S.Kep., M.Kes.

Diabetes Melitus Tipe 2 merupakan penyakit metabolik kronis akibat resistensi insulin yang memicu ketidakstabilan kadar glukosa darah. Jika tidak dikelola tepat, kondisi ini menyebabkan komplikasi serius. **Tujuan** studi kasus ini adalah untuk memperoleh gambaran nyata Asuhan Keperawatan klien DM Tipe 2 dengan masalah ketidakstabilan kadar glukosa darah di wilayah kerja Puskesmas Tenayan Raya Pekanbaru. **Metode** penelitian berupa studi kasus deskriptif pada satu orang klien. Pengumpulan data menggunakan wawancara, observasi, pemeriksaan fisik, dan dokumentasi. Intervensi dilakukan selama 3 hari tindakan (2 kali kunjungan rumah) berfokus pada manajemen hiperglikemia. Hasil pengkajian menunjukkan klien mengeluhkan poliuria, lemas, letih, dan sering lapar. Diagnosis keperawatan yang ditegakkan adalah ketidakstabilan kadar glukosa darah. Implementasi meliputi edukasi diet seimbang 3J, pembatasan konsumsi tinggi gula, olahraga, pemantauan GDS mandiri, keterlibatan keluarga, serta teknik non-farmakologis senam kaki DM berbantuan media leaflet dan poster. **Hasil evaluasi** menunjukkan peningkatan pemahaman klien-keluarga serta perbaikan stabilitas kadar glukosa darah. **Kesimpulan:** Asuhan keperawatan dan edukasi manajemen hiperglikemia terstruktur efektif membantu mengontrol kadar glukosa darah klien DM Tipe 2. **Saran:** Klien dan keluarga diharapkan patuh terhadap diet dan rutin senam kaki. Puskesmas disarankan mengoptimalkan program kunjungan rumah, serta bagi penulis selanjutnya diharapkan memperpanjang durasi asuhan.

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

ABSTRACT

Nesfa Salsa Heriati (2026). Nursing Care for Clients with Type 2 Diabetes Mellitus with Blood Glucose Level Instability Problems in the Tenayan Raya Community Health Center Work Area, Pekanbaru. Scientific Paper Case Study, DIII Nursing Study Program, Nursing Department, Health Polytechnic, Ministry of Health, Riau. Supervisor (I) Hernitati, S.Pd., S.Kep., M.K.M (II) Ns. Melly, SST., S.Kep., M.Kes.

Type 2 Diabetes Mellitus is a chronic metabolic disease caused by insulin resistance, which leads to unstable blood glucose levels. If not properly managed, this condition may result in serious complications. **This case study** aimed to obtain a clear description of nursing care for a client with Type 2 Diabetes Mellitus experiencing unstable blood glucose levels in the working area of Tenayan Raya Public Health Center, Pekanbaru. **The research method** used was a descriptive case study involving one client. Data were collected through interviews, observations, physical examinations, and documentation. Interventions were carried out over three days (two home visits) focusing on hyperglycemia management. Assessment results showed that the client complained of polyuria, weakness, fatigue, and frequent hunger. The nursing diagnosis established was unstable blood glucose levels. Nursing interventions included education on the 3J balanced diet (schedule, type, and amount of food), restriction of high-sugar intake, exercise, self-monitoring of random blood glucose levels, family involvement, and non-pharmacological diabetic foot exercises supported by leaflets and posters. **Evaluation** results showed improved understanding among the client and family, as well as better blood glucose stability. **In conclusion**, structured nursing care and hyperglycemia management education were effective in helping control blood glucose levels in clients with Type 2 Diabetes Mellitus. Clients and their families are expected to adhere to dietary **recommendations** and perform diabetic foot exercises regularly. Public health centers are advised to optimize home-visit programs, while future researchers are encouraged to extend the duration of nursing care interventions.

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