

ABSTRAK

Asuhan Keperawatan pada Lansia Diabetes Mellitus Tipe 2 dengan Masalah Keperawatan Ketidakstabilan Kadar Glukosa Darah di Wilayah Kerja Puskesmas Rejosari. Fanny Rahmasari Nasution (2026), Program Studi Diploma III Keperawatan, Jurusan Keperawatan, Politeknik Kesehatan Kemenkes Riau. Pembimbing (I) Ns. Rusherina, S.Pd., S.Kep., M.Kes, Pembimbing (II) Ns. Idayanti, S.Pd, S.Kep., M.Kes.

Diabetes Mellitus (DM) Tipe 2 merupakan penyakit metabolik kronis yang ditandai dengan peningkatan kadar glukosa darah akibat resistensi insulin dan gangguan sekresi insulin. Menurut International Diabetes Federation (IDF), pada tahun 2024 terdapat sekitar 589 juta penderita diabetes di dunia dan diproyeksikan meningkat menjadi 853 juta pada tahun 2050. Di wilayah kerja Puskesmas Rejosari tercatat sebanyak 1.232 kunjungan kasus DM, menjadikan DM sebagai salah satu masalah kesehatan yang memerlukan penanganan berkelanjutan. Tujuan karya tulis ilmiah ini adalah menggambarkan pelaksanaan asuhan keperawatan pada lansia Diabetes Mellitus Tipe 2 dengan masalah keperawatan ketidakstabilan kadar glukosa darah. Metode yang digunakan adalah studi kasus dengan pendekatan proses keperawatan yang meliputi pengkajian, diagnosis, intervensi, implementasi, dan evaluasi pada satu orang lansia penderita DM Tipe 2. Data diperoleh melalui wawancara, observasi, pemeriksaan fisik, dan pemeriksaan kadar glukosa darah. Hasil menunjukkan kadar glukosa darah sewaktu awal sebesar 233 mg/dL disertai keluhan lemas, polidipsia, dan poliuria. Setelah dilakukan asuhan keperawatan melalui 5 kali kunjungan, kadar glukosa darah menurun menjadi 125 mg/dL dan keluhan berkurang. Kesimpulan penelitian ini menunjukkan bahwa asuhan keperawatan yang komprehensif efektif membantu menstabilkan kadar glukosa darah pada lansia dengan DM Tipe 2. Disarankan pasien dan keluarga mempertahankan kepatuhan diet, aktivitas fisik, pengobatan, serta pemantauan glukosa darah secara rutin.

Kata Kunci: Diabetes Mellitus Tipe 2, ketidakstabilan kadar glukosa darah, lansia, asuhan keperawatan, hiperglikemia.

ABSTRACT

Nursing Care for Elderly Patients with Type 2 Diabetes Mellitus and Nursing Issues Related to Unstable Blood Glucose Levels in the Service Area of the Rejosari Community Health Center. Fanny Rahmasari Nasution (2026), Diploma III Nursing Program, Department of Nursing, Riau Ministry of Health Polytechnic. Advisor (I) Ns. Rusherina, S.Pd., S.Kep., M.Kes, Advisor (II) Ns. Idayanti, S.Pd, S.Kep., M.Kes.

Diabetes Type 2 Diabetes Mellitus (DM) is a chronic metabolic disease characterized by elevated blood glucose levels due to insulin resistance and impaired insulin secretion. According to the International Diabetes Federation (IDF), by 2024 there will be approximately 589 million people with diabetes worldwide, and this number is projected to rise to 853 million by 2050. In the service area of the Rejosari Community Health Center, there were 1,232 recorded visits for DM cases, making DM one of the health issues requiring ongoing management. The objective of this scientific paper is to describe the implementation of nursing care for elderly patients with Type 2 Diabetes Mellitus who have the nursing issue of unstable blood glucose levels. The method used was a case study employing the nursing process approach, which includes assessment, diagnosis, intervention, implementation, and evaluation of one elderly individual with Type 2 DM. Data were obtained through interviews, observations, physical examinations, and blood glucose level tests. The results showed an initial random blood glucose level of 233 mg/dL accompanied by complaints of weakness, polydipsia, and polyuria. After nursing care was provided through 5 visits, the blood glucose level decreased to 125 mg/dL and the complaints subsided. The conclusion of this study indicates that comprehensive nursing care is effective in helping to stabilize blood glucose levels in the elderly with Type 2 DM. Patients and their families are advised to maintain adherence to their diet, physical activity, medication, and regular blood glucose monitoring.

Keywords: *Type 2 diabetes mellitus, unstable blood glucose levels, elderly, nursing care, hyperglycemia.*