

ABSTRAK

Nella Inestasya Gultom (2026). *Asuhan Keperawatan Pada Lansia Dengan Diabetes Melitus Tipe II Di Upt Pelayanan Sosial Tresna Werdha Husnul Khotimah Provinsi Riau*. Karya Tulis Ilmiah Studi Kasus, Program Studi DIII Keperawatan Pekanbaru, Jurusan Keperawatan, Politeknik Kesehatan Kemenkes Riau. Pembimbing (1) Husnan, S.Kp., MKM (2) Fathul Jannah, S.Farm., Apt., M.Sc Penguji (1) Ns. Rusherina, S.Pd., S.Kep., M.Kes (2) R. Sakhnan, SKM., M.Kes

Diabetes Melitus Tipe II merupakan penyakit kronis yang banyak dialami lansia akibat penurunan fungsi tubuh dan resistensi insulin yang dapat menyebabkan ketidakstabilan kadar glukosa darah serta berbagai komplikasi. **Tujuan:** Penelitian ini bertujuan untuk menggambarkan pelaksanaan asuhan keperawatan pada lansia dengan Diabetes Melitus Tipe II di UPT Pelayanan Sosial Tresna Werdha Husnul Khotimah Pekanbaru. **Metode:** Metode penelitian yang digunakan adalah studi kasus deskriptif dengan pendekatan proses keperawatan yang meliputi pengkajian, diagnosis, intervensi, implementasi, dan evaluasi keperawatan. Subjek penelitian adalah satu orang lansia dengan Diabetes Melitus Tipe II yang dilakukan selama lima hari. **Hasil:** penelitian menunjukkan bahwa klien mengalami masalah ketidakstabilan kadar glukosa darah ditandai dengan sering haus, sering buang air kecil, cepat lelah, dan kadar gula darah meningkat. Intervensi keperawatan yang diberikan berupa pemantauan kadar glukosa darah, edukasi diet, latihan fisik, pemberian cairan oral, dan manajemen hiperglikemia. Setelah dilakukan tindakan keperawatan, kondisi klien menunjukkan perbaikan berupa berkurangnya keluhan lelah, pusing, dan kestabilan kadar glukosa darah yang mulai membaik. Kesimpulan penelitian ini menunjukkan bahwa asuhan keperawatan secara komprehensif dapat membantu meningkatkan kondisi kesehatan lansia dengan Diabetes Melitus Tipe II. Disarankan agar pelayanan kesehatan terus meningkatkan edukasi dan pemantauan kadar glukosa darah pada lansia secara berkelanjutan.

Kata Kunci: Lansia, Diabetes Melitus Tipe II, Asuhan Keperawatan, Kadar Glukosa Darah, Hiperglikemia

ABSTRACT

Nella Inestasya Gultom (2026). *Nursing Care for the Elderly with Type II Diabetes Mellitus at the Husnul Khotimah Social Services Unit of Tresna Werdha, Riau Province*. Scientific Paper Case Study, DIII Nursing Study Program, Pekanbaru, Nursing Department, Health Polytechnic, Ministry of Health, Riau. Supervisors (1) Husnan, S.Kp., MKM (2) Fathul Jannah, S.Farm., Apt., M.Sc Examiners (1) Ns. Rusherina, S.Pd., S.Kep., M.Kes (2) R. Sakhnan, SKM., M.Kes

Type II Diabetes Mellitus is a chronic disease that is often experienced by the elderly due to decreased body function and insulin resistance which can cause unstable blood glucose levels and various complications. Objective: This study aims to describe the implementation of nursing care for the elderly with Type II Diabetes Mellitus at the UPT Social Services Tresna Werdha Husnul Khotimah Pekanbaru. Method: The research method used is a descriptive case study with a nursing process approach that includes assessment, diagnosis, intervention, implementation, and evaluation of nursing. The subject of the study was one elderly person with Type II Diabetes Mellitus who was treated for five days. Results: The study showed that the client experienced problems with unstable blood glucose levels characterized by frequent thirst, frequent urination, fatigue, and increased blood sugar levels. Nursing interventions provided were monitoring blood glucose levels, diet education, physical exercise, oral fluid administration, and hyperglycemia management. After nursing actions were carried out, the client's condition showed improvement in the form of reduced complaints of fatigue, dizziness, and improved blood glucose levels. The conclusion of this study shows that comprehensive nursing care can help improve the health conditions of the elderly with Type II Diabetes Mellitus. It is recommended that healthcare providers continue to improve education and ongoing monitoring of blood glucose levels in the elderly.

Keywords: Elderly, Type II Diabetes Mellitus, Nursing Care, Blood Glucose Levels, Hyperglycemia