

ABSTRAK

Zelfa Aura Amalia (2026) Asuhan Keperawatan Pada Klien Diabetes Melitus Tipe II Dengan Masalah Keperawatan Ketidakstabilan Kadar Glukosa Darah Di Rumah Sakit Islam Yarsi Bukittinggi. Karya Tulis Ilmiah Studi Kasus, Program Studi DIII Keperawatan, Politeknik Kesehatan Kemenkes Riau. Pembimbing (I) Ns. Yoza Misra Fatmi, S.Kep., M.Kep., Sp.Kep.MB. (II) Ns. Nia Khusniyati, S.Kep., M.Kep., Sp.Kep.MB.

Diabetes Melitus Tipe II merupakan penyakit kronis yang ditandai dengan peningkatan kadar glukosa darah akibat gangguan produksi dan kerja insulin. Ketidakstabilan kadar glukosa darah pada penderita Diabetes Melitus Tipe II dapat menyebabkan berbagai komplikasi apabila tidak ditangani dengan baik. Penelitian ini bertujuan untuk menggambarkan asuhan keperawatan pada klien Diabetes melitus Tipe II dengan masalah keperawatan ketidakstabilan kadar glukosa darah di RS Yarsi Bukittinggi. Metode penelitian yang digunakan adalah studi kasus deskriptif dengan pendekatan proses keperawatan yang meliputi pengkajian, diagnosis keperawatan, intervensi, implementasi, dan evaluasi. Subjek penelitian adalah klien yang bersedia menjadi responden, klien dengan diagnosis medis Diabetes Melitus Tipe II, klien yang kooperatif dan dapat diajak berkomunikasi, dan klien yang berusia 40 tahun ke atas yang dirawat di RS Yarsi Bukittinggi. Pengumpulan data dilakukan melalui wawancara, observasi, pemeriksaan fisik, dan dokumentasi rekam medis. Hasil penelitian menunjukkan bahwa pasien mengalami keluhan lemas, poliuria, penurunan berat badan, serta kadar glukosa darah yang tinggi yaitu 286 mg/dL akibat ketidakpatuhan diet dan pengobatan. Intervensi keperawatan yang diberikan meliputi manajemen hiperglikemia, edukasi diet, pemantauan kadar glukosa darah, dan edukasi kepatuhan terapi. Setelah dilakukan tindakan keperawatan selama 3×24 jam, kondisi pasien menunjukkan perbaikan ditandai dengan penurunan keluhan seperti sudah tidak merasa pusing dan lemas, sudah jarang terbangun di malam hari untuk buang air kecil dan tidak sering merasa haus. Kadar glukosa darah normal yaitu 149 mg/dL dan sudah lebih terkontrol.

Kata Kunci: Diabetes Melitus Tipe II, ketidakstabilan kadar glukosa darah, asuhan keperawatan

ABSTRACT

Zelfa Aura Amalia (2026) Nursing Care for Clients with Type II Diabetes Mellitus with nursing problems of Unstable Blood Glucose levels at RS Islamic Yarsi Bukittinggi. Scientific Paper Case Study, Diploma III Nursing Program, Health Polytechnic of the Ministry of Health Riau. Supervisor (I) Ns. Yoza Misra Fatmi, S.Kep., M.Kep., Sp.Kep.MB. (II) Ns. Nia Khusniyati, S.Kep., M.Kep., Sp.Kep.MB.

Type II Diabetes Mellitus is a chronic disease characterized by increased blood glucose levels due to impaired insulin production and function. Instability of blood glucose levels in patients with Type II Diabetes Mellitus can cause various complications if not managed properly. This study aims to describe nursing care for clients with Type II Diabetes Mellitus with nursing problems of unstable blood glucose levels at Yarsi Hospital, Bukittinggi. The research method used is a descriptive case study with a nursing process approach that includes assessment, nursing diagnosis, intervention, implementation, and evaluation. The research subjects were clients who were willing to be respondents, clients with a medical diagnosis of Type II Diabetes Mellitus, cooperative and communicative clients, and clients aged 40 years and above who were treated at Yarsi Hospital, Bukittinggi. Data collection was carried out through interviews, observations, physical examinations, and medical record documentation. The results showed that the patient experienced complaints of weakness, polyuria, weight loss, and high blood glucose levels of 286 mg/dL due to non-compliance with diet and medication. Nursing interventions provided included hyperglycemia management, diet education, blood glucose monitoring, and education on therapy compliance. After 3 x 24 hours of nursing care, the patient's condition showed improvement, marked by a decrease in complaints such as no longer feeling dizzy or weak, less frequent nighttime urination, and less frequent thirst. Blood glucose levels were normal at 149 mg/dL and were better controlled.

Keywords: Type II Diabetes Mellitus, unstable blood glucose levels, nursing care