

ABSTRAK

Intan Permatasari Harita (2026). *Asuhan Keperawatan pada Klien Diabetes Melitus tipe II dengan ketidakstabilan kadar glukosa darah di RSUD Bangkinang*. Karya Tulis Ilmiah Studi Kasus, Program Studi Diploma III Keperawatan, Jurusan Keperawatan. Poltekkes Kemenkes Riau. Pembimbing I: Ibu Ns. Yoza Misra Fatmi, M.Kep., Sp.Kep.M.B Pembimbing II: Ns. Nia Khusniyati, M.Kep., Sp.Kep.M.B

Diabetes Melitus Tipe II merupakan penyakit metabolik kronis yang ditandai dengan peningkatan kadar glukosa darah akibat resistensi insulin dan gangguan sekresi insulin. Salah satu masalah keperawatan yang sering muncul adalah ketidakstabilan kadar glukosa darah yang dapat menyebabkan komplikasi akut maupun kronis. **Tujuan** studi kasus ini adalah memperoleh gambaran secara komprehensif mengenai pelaksanaan asuhan keperawatan pada klien Diabetes Melitus Tipe II dengan masalah ketidakstabilan kadar glukosa darah di ruang rawat inap Pejuang RSUD Bangkinang pada tanggal 10 Maret 2026 sampai dengan 14 Maret 2026. **Metode** yang digunakan adalah studi kasus deskriptif pada satu klien dengan pendekatan proses keperawatan meliputi pengkajian, diagnosis, intervensi, implementasi, dan evaluasi. Pengumpulan data dilakukan melalui wawancara, observasi, pemeriksaan fisik, serta dokumentasi. Intervensi keperawatan meliputi monitoring kadar glukosa darah, pemberian insulin, serta edukasi diet, aktivitas fisik, dan kepatuhan kontrol gula darah. **Hasil** evaluasi menunjukkan adanya perbaikan kondisi klien, ditandai dengan penurunan kadar glukosa darah, kondisi umum membaik, berkurangnya gejala hiperglikemia, serta meningkatnya kepatuhan dan sikap kooperatif klien terhadap tindakan keperawatan. Kesimpulan dari studi kasus ini adalah asuhan keperawatan dengan pendekatan manajemen hiperglikemia efektif dalam membantu kestabilan kadar glukosa darah klien.

Kata kunci: Diabetes Melitus Tipe II, ketidakstabilan kadar glukosa darah, manajemen hiperglikemia, asuhan keperawatan.

ABSTRACT

Intan Permatasari Harita (2026). Nursing Care for Clients with Type II Diabetes Mellitus with Instability of Blood Glucose Levels at RSUD Bangkinang. Case Study Scientific Paper, Diploma III Nursing Study Program, Department of Nursing. Health Polytechnic of Ministry of Health Riau.. Supervisor I: Ns. Yoza Misra Fatmi, M.Kep., Sp.Kep.M.B. Supervisor II: Ns. Nia Khusniyati, M.Kep., Sp.Kep.M.B.

*Type II Diabetes Mellitus is a chronic metabolic disease characterized by elevated blood glucose levels due to insulin resistance and impaired insulin secretion. One of the nursing problems that frequently arises is the instability of blood glucose levels, which can lead to acute and chronic complications. **The purpose** of this case study is to obtain a comprehensive overview of the implementation of nursing care for a client with Type II Diabetes Mellitus with the problem of instability of blood glucose levels in the Pejuang inpatient ward of RSUD Bangkinang from March 10, 2026, to March 14, 2026. **The method** used was a descriptive case study on a single client using a nursing process approach encompassing assessment, diagnosis, intervention, implementation, and evaluation. Data collection was conducted through interviews, observations, physical examinations, and documentation. Nursing interventions included monitoring blood glucose levels, administering insulin, and providing education on diet, physical activity, and blood sugar control compliance. **The evaluation** results showed an improvement in the client's condition, characterized by a decrease in blood glucose levels, improved general condition, reduced symptoms of hyperglycemia, and increased compliance and cooperative attitude of the client toward nursing interventions. **The conclusion** of this case study is that nursing care with a hyperglycemia management approach is effective in helping stabilize the client's blood glucose levels.*

Keywords: *Type II Diabetes Mellitus, instability of blood glucose levels, hyperglycemia management, nursing care.*