

ABSTRAK

Wulan Triana Joti (2026). Asuhan Keperawatan Pada Klien Diabetes Melitus Tipe II Dengan Masalah Keperawatan Ketidakstabilan Kadar Glukosa Darah di RSUD Arifin Achmad Pekanbaru. Karya Tulis Ilmiah Studi Kasus, Program Studi DIII Keperawatan Riau, Jurusan Keperawatan, Politeknik Kesehatan Kemenkes Riau, pembimbing (I) Ns. Nia Khusniyati, M.Kep., Sp.Kep.M.B., (II)Ns. Yoza Misra Fatmi, M.Kep., Sp.Kep.M.B.

Diabetes Melitus Tipe II merupakan penyakit metabolik kronis yang ditandai dengan resistensi insulin dan gangguan sekresi insulin sehingga menyebabkan peningkatan kadar glukosa darah. Ketidakstabilan kadar glukosa darah merupakan salah satu masalah keperawatan yang sering ditemukan pada klien Diabetes Melitus Tipe II dan dapat menimbulkan berbagai komplikasi apabila tidak ditangani dengan baik. Tujuan studi kasus ini adalah untuk menggambarkan pelaksanaan asuhan keperawatan pada klien Diabetes Melitus Tipe II dengan masalah keperawatan ketidakstabilan kadar glukosa darah di RSUD Arifin Achmad Pekanbaru. Metode yang digunakan adalah penelitian deskriptif dengan pendekatan studi kasus terhadap satu orang klien yang dirawat di Ruang Krisan RSUD Arifin Achmad Pekanbaru pada tanggal 17–19 April 2026. Pengumpulan data dilakukan melalui wawancara, observasi, pemeriksaan fisik, dan studi dokumentasi. Proses keperawatan meliputi pengkajian, diagnosis keperawatan, intervensi, implementasi, dan evaluasi. Hasil pengkajian menunjukkan klien mengeluh lemas, mudah lelah, sering haus, dan sering buang air kecil dengan kadar gula darah sewaktu 229 mg/dL. Diagnosis keperawatan yang ditegakkan adalah ketidakstabilan kadar glukosa darah berhubungan dengan resistensi insulin ditandai hiperglikemia. Implementasi yang dilakukan meliputi pemantauan kadar glukosa darah, pemantauan tanda dan gejala hiperglikemia, pemantauan intake dan output cairan, edukasi diet diabetes, serta kolaborasi pemberian insulin Novorapid. Setelah dilakukan asuhan keperawatan selama tiga hari, kondisi klien menunjukkan perbaikan yang ditandai dengan berkurangnya keluhan lemas, rasa haus, dan penurunan kadar glukosa darah dari 250 mg/dL menjadi 200 mg/dL. Kesimpulan studi kasus ini menunjukkan bahwa penerapan asuhan keperawatan secara komprehensif dapat membantu meningkatkan kestabilan kadar glukosa darah pada klien Diabetes Melitus Tipe II.

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

ABSTRACT

Wulan Triana Joti (2026). Nursing Care for a Client with Type II Diabetes Mellitus Experiencing Unstable Blood Glucose Levels at Arifin Achmad Regional General Hospital, Pekanbaru. Scientific Paper of a Case Study, Diploma III Nursing Program, Department of Nursing, Riau Health Polytechnic of the Ministry of Health, supervised by (I) Ns. Nia Khusniyati, M.Kep., Sp.Kep.M.B., and (II) Ns. Yoza Misra Fatmi, M.Kep., Sp.Kep.M.B.

Type II Diabetes Mellitus is a chronic metabolic disease characterized by insulin resistance and impaired insulin secretion, resulting in elevated blood glucose levels. Unstable blood glucose levels are one of the most common nursing problems found in clients with Type II Diabetes Mellitus and may lead to various complications if not managed properly. The purpose of this case study was to describe the implementation of nursing care for a client with Type II Diabetes Mellitus experiencing unstable blood glucose levels at Arifin Achmad Regional General Hospital, Pekanbaru. The method used was descriptive research with a case study approach involving one client hospitalized in the Krisan Ward of Arifin Achmad Regional General Hospital, Pekanbaru, from April 17 to April 19, 2026. Data were collected through interviews, observations, physical examinations, and documentation studies. The nursing process included assessment, nursing diagnosis, intervention, implementation, and evaluation. The assessment results showed that the client complained of weakness, fatigue, frequent thirst, and frequent urination, with a random blood glucose level of 229 mg/dL. The nursing diagnosis established was unstable blood glucose levels related to insulin resistance, as evidenced by hyperglycemia. Nursing interventions included monitoring blood glucose levels, monitoring signs and symptoms of hyperglycemia, monitoring fluid intake and output, providing diabetes diet education, and collaborating in the administration of Novorapid insulin. After three days of nursing care, the client's condition improved, as indicated by reduced complaints of weakness and thirst, as well as a decrease in blood glucose levels from 250 mg/dL to 200 mg/dL. The conclusion of this case study indicates that the implementation of comprehensive nursing care can help improve blood glucose stability in clients with Type II Diabetes Mellitus.

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