

ABSTRAK

Wulan Febrianti (2026). Asuhan Keperawatan pada Klien Diabetes Melitus Tipe II dengan Masalah Keperawatan Ketidakstabilan Kadar Glukosa Darah di RSUD Dumai. Karya Tulis Ilmiah Studi Kasus, Program Studi Diploma III Keperawatan, Politeknik Kesehatan Kemenkes Riau. Pembimbing (I) Ns. Yoza Misra Fatmi, S.Kep., M.Kep., Sp.Kep.MB. Pembimbing (II) Ns. Rusherina, S.Pd., S.Kep., M.Kep.

Diabetes Melitus Tipe II merupakan penyakit metabolik kronis yang ditandai dengan peningkatan kadar glukosa darah akibat resistensi insulin dan gangguan sekresi insulin. Penelitian ini bertujuan mendeskripsikan asuhan keperawatan pada klien Diabetes Melitus Tipe II dengan masalah keperawatan ketidakstabilan kadar glukosa darah di RSUD Dumai. Metode yang digunakan adalah studi kasus deskriptif dengan pendekatan proses keperawatan meliputi pengkajian, diagnosis, intervensi, implementasi, dan evaluasi. Subjek penelitian adalah satu klien dengan diagnosis medis Diabetes Melitus Tipe II disertai hiperglikemia. Hasil pengkajian menunjukkan klien mengalami lemas, pusing, poliuria, polidipsia, mual, dan kadar gula darah sewaktu 421 mg/dL yang meningkat menjadi 579 mg/dL pada hari pertama perawatan. Intervensi yang diberikan meliputi manajemen hiperglikemia, pemantauan kadar glukosa darah, edukasi diet, pemantauan intake-output cairan, dan kolaborasi pemberian insulin rapid acting. Setelah tiga hari perawatan, kadar glukosa darah menurun menjadi 85 mg/dL disertai perbaikan kondisi umum klien. Kesimpulannya, asuhan keperawatan yang tepat dan kolaborasi pemberian insulin efektif membantu menstabilkan kadar glukosa darah pada pasien Diabetes Melitus Tipe II.

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

ABSTRACT

Wulan Febrianti (2026). *Nursing Care for Clients with Type II Diabetes Mellitus and the Nursing Problem of Unstable Blood Glucose Levels at Dumai Regional General Hospital*. Scientific Case Study Paper, 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. Supervisor (II) Ns. Rusherina, S.Pd., S.Kep., M.Kep.

Type II Diabetes Mellitus is a chronic metabolic disease characterized by elevated blood glucose levels due to insulin resistance and impaired insulin secretion. This study aimed to describe nursing care for a client with Type II Diabetes Mellitus experiencing unstable blood glucose levels at Dumai Regional General Hospital. The study used a descriptive case study design with a nursing process approach, including assessment, nursing diagnosis, intervention, implementation, and evaluation. The subject of this study was one client diagnosed with Type II Diabetes Mellitus accompanied by hyperglycemia. Assessment findings showed that the client experienced weakness, dizziness, polyuria, polydipsia, nausea, and a random blood glucose level of 421 mg/dL, which increased to 579 mg/dL on the first day of hospitalization. Nursing interventions included hyperglycemia management, blood glucose monitoring, diabetes diet education, intake and output monitoring, and collaboration in administering rapid-acting insulin. After three days of nursing care, the blood glucose level decreased to 85 mg/dL, accompanied by improvements in the client's general condition. The study concluded that appropriate nursing care and collaborative insulin administration were effective in stabilizing blood glucose levels in patients with Type II Diabetes Mellitus.

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