

ABSTRAK

Grace Sela Aurelia Panjaitan (2026). Asuhan Keperawatan dengan Masalah Ketidakstabilan Kadar Glukosa Darah pada Lansia Diabetes Melitus Tipe 2 di Wilayah Kerja Puskesmas Tenayan Raya Kota Pekanbaru. Karya Tulis Ilmiah Studi Kasus, Program Studi DIII Keperawatan, Jurusan Keperawatan, Politeknik Kesehatan Kemenkes Riau. Pembimbing (I) Dr.Ns. Dewi Sartika, M.Kep (II) Ns. Syafrisar Meri Agritubella, M.Kep.

Diabetes melitus tipe 2 merupakan penyakit metabolik yang ditandai dengan hiperglikemia akibat gangguan sekresi insulin atau resistensi insulin. Kondisi ini dapat menyebabkan ketidakstabilan kadar glukosa darah dan berbagai komplikasi apabila tidak terkontrol. Tujuan studi kasus ini adalah mendeskripsikan asuhan keperawatan dengan masalah ketidakstabilan kadar glukosa darah pada klien Diabetes melitus tipe 2 di wilayah kerja Puskesmas Tenayan Raya Kota Pekanbaru. Jenis penelitian ini adalah deskriptif dengan desain studi kasus pada satu klien melalui pendekatan asuhan keperawatan yang meliputi pengkajian, diagnosis keperawatan, intervensi, implementasi, dan evaluasi. Data diperoleh melalui wawancara, observasi, pemeriksaan fisik, dan studi dokumentasi. Hasil studi kasus menunjukkan adanya penurunan kadar glukosa darah serta peningkatan pengetahuan klien setelah diberikan edukasi mengenai diet, pemantauan gula darah, latihan fisik berupa senam kaki diabetes selama empat hari. Saran bagi tenaga kesehatan adalah meningkatkan edukasi, pemantauan mandiri secara berkala, serta melakukan upaya preventif untuk mencegah komplikasi.

Kata Kunci : Asuhan Keperawatan, Diabetes Melitus Tipe 2, Ketidakstabilan Kadar Glukosa Darah, Lansia

ABSTRACT

Grace Sela Aurelia Panjaitan (2026). Nursing Care for Elderly Clients with Unstable Blood Glucose Levels in Type 2 Diabetes Mellitus in the Working Area of Tenayan Raya Public Health Center, Pekanbaru City. Scientific Case Study Report, Diploma III Nursing Program, Department of Nursing, Poltekkes Kemenkes Riau (Health Polytechnic of the Ministry of Health Riau). Supervisor (I) Dr. Ns. Dewi Sartika, M.Kep. Supervisor (II) Ns. Syafrisar Meri Agritubella, M.Kep.

Type 2 Diabetes Mellitus is a metabolic disease characterized by hyperglycemia resulting from impaired insulin secretion or insulin resistance. This condition may lead to unstable blood glucose levels and various complications if not properly controlled. The purpose of this case study was to describe nursing care for a client with unstable blood glucose levels due to Type 2 Diabetes Mellitus in the working area of the Tenayan Raya Public Health Center, Pekanbaru City. This study employed a descriptive case study design involving one client through the nursing care process, including assessment, nursing diagnosis, intervention, implementation, and evaluation. Data were collected through interviews, observation, physical examination, and documentation review. The results of the case study showed a decrease in blood glucose levels and an improvement in the client's knowledge after receiving education on dietary management, blood glucose monitoring, and physical exercise in the form of diabetic foot exercises for four days. It is recommended that healthcare professionals enhance health education, encourage regular self-monitoring, and implement preventive measures to reduce the risk of complications.

Keywords: Nursing Care, Type 2 Diabetes Mellitus, Unstable Blood Glucose Levels, Older Adults