

ABSTRAK
GAMBARAN PELAKSANAAN MONITORING
GULA DARAH PASIEN DIABETES MELLITUS
DI RSUD IBNU SINA GRESIK

Penelitian di Ruang Poli Penyakit Dalam RSUD Ibnu Sina Gresik

Oleh: Fiyayah Mufaridah

Pendahuluan: Diabetes Mellitus adalah sebuah penyakit yang menimbulkan banyak komplikasi baik secara akut maupun kronik yang dapat diminimalisir dengan melakukan pemantauan gula darah agar dapat diupayakan berada dalam rentang normal. Fenomena tingginya kasus diabetes melitus menimbulkan berbagai komplikasi pada penderitanya. Penerapan manajemen dalam memonitoring gula darah sangat diperlukan untuk memantau agar gula darah tetap stabil pada nilai normal. Tujuan penelitian ini memperoleh gambaran penatalaksanaan monitoring gula darah pasien Diabetes Mellitus di RSUD Ibnu Sina Gresik. **Metode :** Penelitian ini menggunakan desain *deskriptif* dengan *consecutive sampling*, total responden 100 orang. *Instrument* yang digunakan adalah kuesioner *guest*. Penelitian ini telah lolos kaji etik dari Komite Etik Penelitian Kesehatan (KEPK) RSUD Ibnu Sina Gresik dengan 071/033/437.76/2022. **Hasil:** Disimpulkan bahwa sebagian besar monitoring gula darah responden adalah baik sebanyak 68 orang (68%), monitoring gula darah cukup sebanyak 32 orang (32%), dan monitoring gula darah kurang sebanyak 0 orang (0%). **Diskusi:** Responden diharapkan dapat menjaga dan mempertahankan kontrol gula darah sehingga komplikasi dapat dicegah.

Kata Kunci: Monitoring Gula Darah, Diabetes Melitus

ABSTRACT

**DESCRIPTION OF IMPLEMENTATION OF BLOOD SUGAR
MONITORING IN DIABETES MELLITUS PATIENTS
IN IBNU SINA GRESIK HOSPITAL**

Research in the Internal Medicine Poly Room of RSUD Ibnu Sina Gresik

By: Fiyayah Mufarihah

Introduction: Diabetes Mellitus is a disease that causes many complications both acutely and chronically which can be minimized by monitoring blood sugar so that it can be strived to be in the normal range. The phenomenon of high cases of diabetes mellitus causes various complications in sufferers. The application of management in monitoring blood sugar is very necessary to monitor so that blood sugar remains stable at normal values. The purpose of this study was to obtain an overview of the management of blood sugar monitoring in Diabetes Mellitus patients at RSUD Ibnu Sina Gresik. **Methods:** This study uses a *descriptive* with *consecutive sampling*, the total respondents are 100 person. *The instrument* used is a *guest questionnaire*. This research has passed the ethical review of the Health Research Ethics Committee (KEPK) RSUD Ibnu Sina Gresik with 071/033/437.76/2022. **Results:** It was concluded that most of the respondents' blood sugar monitoring was good as many as 68 people (68%), enough blood sugar monitoring was 32 people (32%), and blood sugar monitoring was less as many as 0 people (0%). **Discussion:** Respondents are expected to be able to maintain and maintain blood sugar control so that complications can be prevented

Keywords: Blood Sugar Monitoring, Diabetes Mellitus