

ABSTRAK

ASUHAN KEPERAWATAN KETIDAKSTABILAN KADAR GLUKOSA DARAH PADA KLIEN DIABETES MELLITUS DI DESA SIDOMULYO DEKET LAMONGAN

Penelitian Studi Kasus di Desa Sidomulyo Deket Lamongan

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Pendahuluan: Diabetes mellitus adalah suatu keadaan seseorang yang mengalami ketidakstabilan kadar glukosa darah ditandai dengan adanya ketidak absolutan insulin dalam tubuh yang mengakibatkan terjadinya komplikasi. Tujuan penelitian adalah untuk melaksanakan asuhan keperawatan ketidakstabilan kadar glukosa darah pada klien diabetes mellitus di Desa Sidomulyo Deket Lamongan. **Metode:** Metode penelitian yang digunakan adalah studi kasus jenis metode penelitian deskripsi. Subjek penelitian yang digunakan adalah satu klien dengan masalah keperawatan ketidakstabilan kadar glukosa darah pada klien diabetes mellitus. Pengumpulan data didapatkan dari wawancara, observasi, pemeriksaan fisik dan studi dokumentasi. Data didapatkan dianalisa dengan membandingkan teori dengan kasus. **Hasil:** Hasil penelitian terdiri dari 5 tahap pada tahap pengkajian terdapat kesesuaian, pada diagnosa keperawatan yang muncul ketidakstabilan kadar glukosa darah berhubungan dengan resistensi insulin dan gangguan pola tidur berhubungan dengan kecemasan dan poliuri, intervensi dan implementasi dilakukan senam anti Diabetes Mellitus dan kontrol kadar glukosa darah, pada tahap evaluasi selama 3x kunjungan rumah masalah teratasi sebagian dengan kadar gula dalam darah masih diatas normal yaitu 200mg/dl klien mengatakan pusing berkurang dan sering BAK sedikit berkurang. **Diskusi:** Disarankan bagi keluarga untuk bisa mengontrol kadar glukosa dalam darah dan menyiapkan diit rendah gula dan klien mau untuk melakukan diit agar masalah keperawatan dapat teratasi. Bagi perawat dapat memberikan edukasi dalam pengendalian kadar glukosa dalam darah dan memantau perkembangan Diabetes Mellitus agar masalah keperawatan dapat teratasi.

Kata kunci : *Ketidakstabilan Kadar Glukosa Darah, Diabetes Mellitus, Asuhan Keperawatan*

ABSTRACT

NURSING INSTABILITY OF BLOOD GLUCOSE LEVELS IN DIABETES MELLITUS CLIENTS IN SIDOMULYO VILLAGE DEKET LAMONGAN

Case Study Research in Sidomulyo Village Deket Lamongan

By : Dina Dwi Shofiana

Introduction: Diabetes mellitus is a condition of a person experiencing instability in blood glucose levels characterized by the presence of absolute insulin in the body resulting in complications. The aim of the study was to carry out nursing care for the instability of blood glucose levels in clients of diabetes mellitus in Desa Sidomulyo Deket Lamongan. **Method:** The research method used is a case study type research method description. The research subject used was a client with nursing problems of blood glucose level instability in a diabetes mellitus client. Data collection was obtained from interviews, observations, physical examinations and documentation studies. Data obtained were analyzed by comparing theories with cases. **Results:** The results of the study consisted of 5 stages at the stage of assessment there was a conformity, in nursing diagnoses that appeared instability of blood glucose levels associated with insulin resistance and disturbed sleep patterns related to anxiety and polyuria, intervention and implementation were carried out in anti-diabetes mellitus exercises and control of blood glucose levels, at the evaluation stage during 3x home visits the problem was partially resolved with blood sugar levels still above normal which is 200mg / dl The client said dizziness was reduced and BAK was often slightly reduced. **Discussion:** It is recommended for families to be able to control glucose levels in the blood and prepare low-sugar diets and clients want to do diet so that nursing problems can be resolved. For nurses can provide education in controlling blood glucose levels and monitor the development of Diabetes Mellitus so that nursing problems can be overcome.

Keywords: *Instability of Blood Glucose Levels, Diabetes Mellitus, Nursing Care*