

ABSTRAK

ASUHAN KEPERAWATAN RISIKO GANGGUAN INTEGRITAS KULIT PADA KLIEN DIABETES MELLITUS TIPE 2 DI RUMAH SAKIT UNIVERSITAS AIRLANGGA SURABAYA

Oleh: Nur Aini Pangastuti

Diabetes merupakan salah satu dari empat penyakit tidak menular prioritas di dunia. Jumlah kasus dan prevalensi diabetes terus meningkat selama beberapa dekade terakhir. Klien dengan kasus diabetes mellitus apabila tidak ditangani dengan baik maka dapat menimbulkan salah satu komplikasi kronik Diabetes Mellitus yaitu adanya kelainan pada saraf, pembuluh darah, dan adanya infeksi yang dapat menyebabkan adanya gangguan pada kulit. Oleh karena itu, penulis melakukan penelitian mengenai asuhan keperawatan risiko gangguan integritas kulit pada klien diabetes mellitus tipe 2 dengan tujuan memperoleh informasi baru dan sebagai bahan perbandingan serta referensi bagi perkembangan ilmu keperawatan sehingga dapat meningkatkan kualitas asuhan keperawatan yang berkaitan dengan masalah tersebut.

Penelitian ini menggunakan metode penelitian deskriptif dalam bentuk studi kasus dengan pendekatan asuhan keperawatan, yang meliputi pengkajian, diagnosis, perencanaan, pelaksanaan dan evaluasi. Unit analisis yang diteliti yakni dua klien diabetes mellitus tipe 2 di Ruang Sembadra Rumah Sakit Universitas Airlangga Surabaya dengan masalah utama risiko gangguan integritas kulit. Data penelitian dikumpulkan dengan menggunakan metode wawancara dengan subjek penelitian, menggunakan catatan rekam medis, pengukuran tanda-tanda vital, observasi umum keadaan klien, pengkajian fisik meliputi inspeksi, palpasi, perkusi dan auskultasi.

Berdasarkan data pengkajian diperoleh diagnosis keperawatan risiko gangguan integritas kulit dibuktikan dengan neuropati perifer, dengan pelaksanaan memonitor kadar glukosa darah dan memberikan edukasi tentang perawatan kaki. Setelah dilakukan pelaksanaan selama 3x24 jam klien 1 mengatakan bahwa kesemutan mulai berkurang sedangkan klien 2 masih mengalami penurunan rasa raba dan masalah teratasi sebagian.

Diharapkan sikap kooperatif klien dalam menjalankan intervensi yang diberikan perawat sehingga dapat mencegah terjadinya gangguan integritas kulit.

Kata Kunci : Asuhan Keperawatan, Diabetes Mellitus , Risiko Gangguan Integritas Kulit

ABSTRACT

*Nursing Care Risk Of Impaired Skin Integrity In Type 2 Diabetes Mellitus Clients
At Airlangga University Hospital Surabaya
By: Nur Aini Pangastuti*

Diabetes is one of the four priority non-communicable diseases targeted by world leaders. The number of cases and the prevalence of diabetes have continued to increase over the past few decades. Clients with cases of diabetes mellitus if not handled properly can lead to one of the chronic complications of Diabetes Mellitus, namely abnormalities in nerves, blood vessels, and the presence of infections that can cause interference with the skin. Therefore, the authors conducted research on nursing care for the risk of impaired skin integrity in type 2 diabetes mellitus clients with the aim of obtaining new information and as a comparison and reference for the development of nursing knowledge so as to improve the quality of nursing care related to the problem.

This research uses descriptive research method in the form of case studies with nursing care approach, which includes assessment, diagnosis, planning, implementation and evaluation. The unit of analysis studied was two clients with type 2 diabetes mellitus in Sembadra Room, Airlangga University Hospital, Surabaya, with the main problem being the risk of impaired skin integrity. Research data were collected using interviews with research subjects, using medical records, measurement of vital signs, general observation of the client's condition, physical assessment including inspection, palpation, percussion and auscultation.

Based on the assessment data obtained a nursing diagnosis of the risk of impaired skin integrity evidenced by peripheral neuropathy, by carrying out monitoring blood glucose levels and providing education about foot care. After doing the exercise for 3x24 hours, client 1 said that the tingling started to decrease while client 2 still experienced a decrease in touch

It is expected that the client will be more cooperative in carrying out the intervention given by the nurse so that it can speed up the healing process and the problem of skin integrity disorder does not occur. Furthermore, it is expected that the results of this study can be used as a medium of information about health and as input for further research.

Keywords : Nursing Care, Diabetes Mellitus , Risk of Impaired Skin Integrity