

ABSTRAK
**ASUHAN KEPERAWATAN RISIKO KETIDAKSTABILAN KADAR
GLUKOSA DARAH PADA KLIEN DIABETES MELLITUS TIPE 2
DI RUMAH SAKIT ISLAM JEMURSARI SURABAYA**
Oleh: Aprilia Febry Kusumawati

Diabetes Mellitus menjadi penyebab mortalitas nomor tiga di Indonesia. Prevalensi diabetes mellitus di provinsi Jawa Timur tahun 2018 mengalami peningkatan sebanyak 0,5% dari tahun 2013. Kurangnya pengetahuan dalam mengontrol gula darah dan dukungan keluarga yang kurang baik menyebabkan diabetesi mengalami ketidakstabilan glukosa darah.

Penelitian ini menggunakan metode penelitian deskriptif dalam bentuk studi kasus dengan pendekatan asuhan keperawatan yang meliputi pengkajian, diagnosis, perencanaan, pelaksanaan dan evaluasi. Subjek yang diteliti yakni dua klien diabetes mellitus tipe 2 di Ruang Teratai dan Azzahra 1 Rumah Sakit Islam Jemursari Surabaya dengan masalah utama risiko ketidakstabilan kadar glukosa darah. Data dikumpulkan dengan menggunakan metode wawancara, catatan rekam medis, pengukuran tanda – tanda vital, observasi serta pengkajian fisik.

Hasil pengkajian, risiko ketidakstabilan kadar glukosa darah adalah peningkatan glukosa darah puasa, mual, dan muntah. Ketidakstabilan disebabkan oleh kurangnya kepatuhan pada rencana manajemen diabetes. Intervensi keperawatan yang diberikan yaitu observasi kadar glukosa darah, edukasi pola makan, kolaborasi pemberian insulin, pemberian obat antiemetik, pemberian susu diabetasol dengan hasil kadar glukosa darah terkontrol ditandai dengan kadar glukosa acak 144-253mg/dl, gula darah puasa 134-208mg/dl, gula darah post prandial 209-293mg/dl tidak mengalami pusing, lelah dan lesu menurun.

Berdasarkan hasil tersebut disarankan bagi klien mematuhi pengelolaan diet yang diberikan rumah sakit karena gizi yang diberikan sesuai dengan kebutuhan klien.

Kata kunci: Diabetes Melitus Tipe II, Kadar glukosa darah

ABSTRACT
NURSING CARE RISK OF INSTABILITY OF BLOOD GLUCOSE LEVEL
IN TYPE 2 DIABETES MELLITUS CLIENTS AT JEMURSARI ISLAMIC
HOSPITAL SURABAYA

By: Aprilia Febry Kusumawati

Diabetes mellitus is the third leading cause of death in Indonesia. The prevalence of diabetes mellitus in East Java province in 2018 has increased by 0.5% from 2013. Lack of knowledge in controlling blood sugar and poor family support causes diabetes to experience blood glucose instability.

This research uses descriptive research method in the form of case studies with Nursing Care which includes assessment, diagnosis, planning, implementation, and evaluation. Subjects studied were two type 2 diabetes mellitus clients in Lotus Room and Azzahra one of Jemursari Islamic Hospital in Surabaya with the main problem being the risk of instability in blood glucose levels. Research data were collected using interviews, medical records, measurement of vital signs, observation and physical assessment.

The results of the assessment, the risk of instability in blood glucose levels is an increase in fasting blood glucose, nausea, and vomiting. Instability is caused by a lack of adherence to a diabetes management plan. Nursing interventions provided were observation of blood glucose levels, dietary education, collaboration of insulin administration, administration of antiemetic drugs, administration of diabetasol milk with the results of controlled blood glucose levels is characterized by random glucose levels of 144 until 253mg/dl, fasting blood sugar 134 until 208mg/dl, post prandial blood sugar 209 until 293mg/dl, does not experience dizziness, fatigue and lethargy decreases.

Based on these results it is recommended for clients to adhere to the dietary management provided by the hospital because the nutrition provided is in accordance with client needs.

Keyword: Diabetes mellitus, blood glucose levels