

POLITEKNIK KESEHATAN TANJUNGPINANG
PRODI KEPERAWATAN KOTABUMI
Laporan Tugas Akhir, 31 Mei 2022

Tri Retno Suryani Wulan,
Asuhan Keperawatan Pasien Dengan Gangguan Kebutuhan Nutrisi Pada Kasus
Diabetes Melitus 2 Terhadap Ny. N Di Desa Karang Agung Kotabumi Selatan
Lampung Utara Tanggal 1-3 Maret 2022.
xvi + 65 halaman, 8 tabel, 2 gambar, 2 lampiran

RINGKASAN

Diabetes Melitus adalah penyakit gangguan metabolisme, karbohidrat, lemak dan protein pada organ pankreas sehingga terjadi kadar gula meningkat yang disebabkan turunnya jumlah insulin dalam pankreas. Kasus diabetes melitus di dunia, Indonesia menempati peringkat ke-5 dengan prevalensi sebesar 11,3 % mencatat 8,2 juta orang di dunia meninggal akibat gangguan metabolisme. Berdasarkan buku register Puskesmas Kotabumi II, pengidap diabetes melitus peringkat ke-8 dari 10 kasus terbesar mulai tahun 2019 berjumlah 639 jiwa, tahun 2020 berjumlah 534 jiwa, dan tahun 2021 tercatat 532 jiwa .

Tujuan penulisan laporan tugas akhir ini memberikan gambaran asuhan keperawatan gerontik dengan gangguan kebutuhan nutrisi pada kasus diabetes melitus 2 sesuai teori. Berdasarkan data yang didapatkan dari kasus ini memunculkan beberapa diagnosa keperawatan, yang semua teori tidak semua dapat ditegakkan karena disesuaikan dengan kondisi klien. Rencana keperawatan dibuat sesuai dengan teori dan berdasarkan Standar Diagnosa Keperawatan Indonesia (SDKI), Standar Luaran Keperawatan Indonesia (SLKI), dan Standar Intervensi Keperawatan Indonesia (SIKI) 2017. Implementasi dilakukan sesuai dengan rencana keperawatan dan evaluasi dilakukan berdasarkan implementasi.

Data hasil pengkajian yang didapatkan pada kasus ini merujuk pada SDKI yaitu: ketidakstabilan kadar glukosa darah, defisit nutrisi, risiko jatuh. Adapun SLKI yaitu kestabilan kadar glukosa darah, status nutrisi, mobilisasi fisik serta SIKI yaitu manajemen hiperglikemia, promosi berat badan, pencegahan jatuh. Setelah dilakukan tindakan keperawatan selama tiga hari, evaluasi yang didapatkan tidak semua masalah teratasi seperti diagnosa ketidakstabilan kadar glukosa darah, defisit nutrisi dan resiko jatuh masalah hanya teratasi sebagian.

Simpulan dari laporan tugas akhir ini tidak semua teori proses keperawatan kasus diabetes melitus tipe 2 sesuai dengan kondisi klien pada kenyataan. Saran meningkatkan materi dimata kuliah gerontik lebih menekankan kepada mahasiswa untuk memahami perubahan fisiologi.

Kata Kunci: Asuhan Keperawatan Gerontik, Diabetes Melitus Tipe 2, Gangguan Nutrisi dan Cairan.
Sumber Bacaan: 12 (2011-2020).

TANJUNGKARANG HEALTH POLYTECHNIC
KOTABUMI NURSING PROGRAM STUDY
Final Report, 31 May 2022

Tri Retno Suryani Wulan,
*Nursing Care With For Patient with Impaired Nutritional Needs In the Diabetes
Melitus 2 Against cases to Mrs. N In Karang Agung Kotabumi Sounth District,
North Lampung Regency Date 1-3 March 2022.*
xvi + 65 pages, 8 tables, 2 pictures, 2 attachments

ABSTRACT

Diabetes Melitus is a disease of metabolic disorders, carbohydrates, fats and proteins in the pancreas organ so that sugar levels increase due to a decrease in the amount of insulin in the pancreas. The case of diabetes melitus in the world, Indonesia ranks 5th with a prevalence of 11.3%, and 8.2 million people worldwide die from metabolic disorders. Based on the Kotabumi II Public Health Center register book, people with diabetes mellitus ranked 8th out of the 10 largest cases starting in 2019 amounting to 639 people, in 2020 there were 534 people, and in 2021 there were 532 people.

The purpose of writing this final report is to provide an overview of gerontic nursing care with impaired nutritional needs in cases of diabetes melitus 2 according to theory. Based on the data obtained from this case, several nursing diagnoses emerged, not all of which theories could be enforced because they were adapted to the client's condition. The nursing plan is made in accordance with the theory and based on the 2017 *Standar Diagnosa Keperawatan Indonesia* (SDKI), *Standar Luaran Keperawatan Indonesia* (SLKI), and *Standar Intervensi Keperawatan Indonesia* (SIKI). Implementation is carried out according to the nursing plan and evaluation is carried out based on implementation.

The assessment data obtained in this case refer to the SDKI, namely unstable blood glucose levels, nutritional deficits, risk of falling. The SLKI are stability of blood glucose levels, nutritional status, physical mobilization and SIKI are hyperglycemia management, weight promotion, fall prevention. After three days of nursing action, the evaluation obtained was not all problems were resolved, such as the diagnosis of unstable blood glucose levels, nutritional deficits and the risk of falling the problem was only partially resolved.

The conclusion from this final project report is that not all theories of the nursing process for type 2 diabetes mellitus cases are in accordance with the client's condition in reality. Suggestions to improve the material in gerontics courses emphasize more on students to understand physiological changes.

Keywords: Gerontological Nursing Care, Type 2 Diabetes Melitus, Nutrition and Fluid Disorders

Reading Source: 12 (2011-2020).