

POLITEKNIK KESEHATAN TANJUNGPURUNG

PRODI KEPERAWATAN KOTABUMI

Laporan Tugas Akhir, Juni 2021

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Asuhan Keperawatan Gerontik Dengan Gangguan Nutrisi Dan Cairan Pada Kasus Diabetes Melitus Tipe II Terhadap Ny. D di Dusun 10, Desa Gondang Rejo, Kecamatan Pekalongan, Kabupaten Lampung Timur Tanggal 22-27 Maret 2021

xx + 86 Halaman, 1 gambar, 8 Tabel, 3 Lampiran

### **RINGKASAN**

Berdasarkan data register di Puskesmas Pekalongan, Kabupaten Lampung Timur angka kejadian tiga tahun terakhir pada tahun 2018 sebanyak 332 jiwa, pada tahun 2019 sebanyak 368 jiwa, dan pada tahun 2020 497 jiwa. Berdasarkan uraian diatas penulis merumuskan masalah: “Bagaimanakah gambaran Asuhan Keperawatan Gerontik dengan Kasus Diabetes Melitus Tipe II pada Ny. D dengan ketidakstabilan Kadar Glukosa Darah di wilayah kerja Puskesmas Pekalongan, Lampung Timur?”.

Tujuan penulisan laporan tugas akhir ini memberikan gambaran tentang asuhan keperawatan gerontik dengan gangguan ketidakstabilan kadar glukosa darah pada kasus diabetes melitus tipe II 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 SDKI, SLKI, dan SIKI 2018. Implementasi dilakukan sesuai dengan rencana keperawatan dan evaluasi dilakukan berdasarkan implementasi.

Data hasil pengkajian yang didapatkan pada kasus ini merujuk pada diagnosa yaitu ketidakstabilan kadar glukosa darah, defisit nutrisi, risiko jatuh. Adapun SLKI yaitu ketidakstabilan kadar glukosa darah, status nutrisi, mobilsasi fisik serta SIKI yaitu manajemen hiperglikemia, manajemen nutrisi, 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 II sesuai dengan kondisi klien pada kenyataan. Saran hendaknya meningkatkan mutu pelayanan keperawatan dan meningkatkan buku referensi buku edisi terbaru tentang Diabetes Melitus atau penyakit gangguan sistem endokrin/metabolisme.

Kata Kunci : Asuhan Keperawatan Gerontik, Diabetes Melitus Tipe II, Gangguan Nutrisi dan Cairan

Sumber Bacaan : 12 (2011-2020)

TANJUNGPURONG HEALTH POLYTECHNIC  
KOTABUMI NURSING STUDY  
Final Project Report, June 2021

Diah Febiyana Mega,  
Gerontic Nursing Care With Nutritional And Fluid Disorders In Cases Of Type 2 for Mrs.  
D Diabetes Melitus in hamlet 10, Gondang Rejo Village, Pekalongan District, East  
Lampung Regency March 22-27 2021  
xx + 86 Pages, 8 Tables, 1 chart and 3 attachment

**ABSTRACT**

Based on register data at the Pekalongan Health Center, East Lampung Regency, the incidence in the last three years in 2018 was 332 people, in 2019 there were 368 people, and in 2020 497 people. Based on the description above, the writer formulates the problem: "What is the description of Gerontic Nursing Care with Type II Diabetes Mellitus Cases in Ny. D with instability of blood glucose levels in the work area of Pekalongan Health Center, East Lampung?".

The purpose of writing this final report is to provide an overview of gerontic nursing care with unstable blood glucose levels in cases of type II diabetes mellitus 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 2018 IDHS, SLKI, and 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 diagnosis, namely instability of blood glucose levels, nutritional deficits, risk of falling. The SLKI are unstable blood glucose levels, nutritional status, physical mobilization and SIKI are hyperglycemia management, nutritional management, fall prevention. After three days of nursing action, the evaluation obtained was not all problems resolved, such as the diagnosis of unstable blood glucose levels, nutritional deficits and risk of falling the problem was only partially resolved.

The conclusion from this final report is that not all theories of the nursing process for cases of type II diabetes mellitus are in accordance with the client's condition in reality. Suggestions should be to improve the quality of nursing services and improve the latest edition of reference books on Diabetes Mellitus or endocrine/metabolic system disorders.

Keyword : Gerontic Nursing Care, Diabetes Mellitus Type II, Nutritional And Fluid Disorders

Reading Source: 12 (2011-2020)