

POLITEKNIK KESEHATAN TANJUNG KARANG
PRODI KEPERAWATAN KOTABUMI
Laporan Tugas Akhir, Mei 2021

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Asuhan Keperawatan Keluarga Terhadap Individu Ny. R dengan Gangguan Nutrisi pada Kasus Diabetes Melitus Tipe 2 di Wilayah Kerja Puskesmas Kotabumi II Kabupaten Lampung Utara Tanggal 24-26 Maret 2021

xvi, hal 65, tabel 8, gambar 1

RINGKASAN

Prevalensi kasus DM di provinsi Lampung pada tahun 2018 sebanyak 31.462 jiwa (Riskesdas, 2018). Berdasarkan data dinas kesehatan di kabupaten Lampung Utara bahwa penyakit DM prevelensinya mengalami penurunan setiap tahunnya yaitu pada tahun 2016 sebanyak 5.691 jiwa, 2017 5.680 jiwa, 2019 sebanyak 1.252 jiwa. (Dinas Kesehatan Lampung Utara, 2021). Sementara itu dari catatan Rekam Medik Puskesmas Kotabumi II Lampung Utara data kunjungan penderita DM pada tahun 2016 sebanyak 2.955, 2017 sebanyak 3.292 jiwa, 2018 sebanyak 3.450 jiwa, dan tahun 2019 sebanyak 3.571 jiwa (Rekam Medik Puskesmas Kotabumi II). Untuk mencegah penyakit DM klien dapat mengatur pola makan, menjaga latihan fisik seperti senam DM, bersepeda, dan jalan kaki selama 20-45 menit, pantau terus kadar glukosa dalam darah. Rumusan masalah pada laporan ini adalah bagaimana gambaran asuhan keperawatan keluarga dengan gangguan ketidakstabilan glukosa dalam darah pada Ny. R di Puskesmas Kotabumi II.

Tujuan Laporan Tugas Akhir ini adalah memberikan gambaran pelaksanaan asuhan keperawatan keluarga dengan gangguan nutrisi dan cairan pada kasus Diabetes Militus tipe 2 terhadap Ny. R di Wilayah Kerja Puskesmas Kotabumi II Kabupaten Lampung Utara

Hasil pengkajian di dapatkan data: klien mengatakan merasa lemas saat beraktivitas sehari-hari, susah tidur pada siang hari maupun malam hari karena kadar glukosa darah terlalu tinggi. Diagnosa yang ditegakan yaitu: Ketidakstabilan kadar glukosa darah, perfusi perifer tidak efektif, Gangguan pola tidur. Rencana dan implementasi keperawatan pada kasus Ny. R meliputi 5 TUK, yaitu: TUK 1 keluarga dapat mengecek kadar glukosa darah, TUK 2 keluarga mampu mengambil keputusan,, TUK 3 keluarga mampu merawat, TUK 4 keluarga mampu memelihara kesehatan, TUK 5 keluarga mampu memanfaatkan fasilitas kesehatan.. Evaluasi yang dilaksanakan selama 3 hari, TUK 1,2,3,4,5 sudah teratasi, Simpulan dari laporan ini adalah tidak semua asuhan keperawatan pada teori sesuai dengan kondisi klien Ny. R pada kenyataannya. Saran dari penulis diharapkan laporan asuhan keperawatan pada tugas akhir ini dapat digunakan untuk bahan acuan pembuatan asuhan keperawatan keluarga bagi Puskesmas Kotabumi II.

Kata Kunci: Asuhan keperawatan keluarga, DM Tipe 2, Gangguan Nutrisi

Sumber bacaan: (14. 2011 - 2021)

*TANJUNG CORAL HEALTH POLYTECHNIC
KOTABUMI VERSION PROGRAM
Final Project Report, May 2021*

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Family Nursing Care for Individuals Mrs. R with Nutritional Disorders in Cases of Type 2 Diabetes Mellitus in the Working Area of the Kotabumi II Public Health Center, North Lampung Regency, March 24-26, 2021

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ABSTRACT

The prevalence of DM cases in Lampung province in 2018 was 31,462 people (Riskesdas, 2018). Based on data from the health office in North Lampung district, the prevalence of DM has decreased every year, namely in 2016 as many as 5,691 people, 2017 5,680 people, 2019 as many as 1,252 people. (North Lampung Health Office, 2021). Meanwhile, from the medical records of Kotabumi II Puskesmas, North Lampung, the data on visits to DM patients in 2016 were 2,955, 2017 were 3,292 people, 2018 were 3,450 people, and in 2019 were 3,571 people (Medical Records of Kotabumi II Puskesmas). To prevent DM, clients can adjust their diet, maintain physical exercise such as DM gymnastics, cycling, and walking for 20-45 minutes, besides that, they must regularly consume the drugs that have been given, monitor blood glucose levels. The formulation of the problem in this report is how the description of family nursing care with blood glucose instability disorders in Mrs. R at the Kotabumi II Health Center.

The purpose of this final report is to provide an overview of the implementation of nursing care for families with nutritional and fluid disorders in the case of type 2 diabetes mellitus against Ny. R in the Working Area of Kotabumi II Public Health Center, North Lampung Regency Kabupaten

The results of the study obtained data: the client said he felt weak during daily activities, had difficulty sleeping during the day and at night because blood glucose levels were too high. The established diagnoses are: Instability of blood glucose levels, ineffective peripheral perfusion, disturbed sleep patterns. Nursing plan and implementation in the case of Mrs. R includes 5 TUK, namely: TUK 1 family can check blood glucose levels, TUK 2 families are able to make decisions, TUK 3 families are able to care, TUK 4 families are able to maintain health, TUK 5 families are able to take advantage of health facilities. 3 days, TUK 1,2,3,4,5 has been resolved, The conclusion of this report is that not all nursing care in theory is in accordance with the condition of Mrs. R in fact. The suggestion from the author is that the nursing care report in this final project can be used as reference material for making family nursing care for the Kotabumi II Health Center.

Keywords: Family nursing care, Type 2 DM, Nutritional Disorders
Reading source: (14. 2011 - 2021)