

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

Oktavia Dwi Sabputri,

Asuhan Keperawatan Keluarga terhadap Ny. U dengan Gangguan Nutrisi pada Kasus Diabetes Melitus Tipe 2 di Kelurahan Margototo Kecamatan Metro Kibang, Kabupaten Lampung Timur, tanggal 22-24 Maret 2021

xv +60 halaman +8 tabel +3 gambar

## RINGKASAN

Prevalensi data penyakit DM di Provinsi Lampung dengan populasi laki-laki dan perempuan dari umur 15 tahun - ∞ sebanyak 432.554 jiwa di wilayah Kabupaten Lampung Timur, dengan jumlah penduduk di daerah Kabupaten Lampung Timur yaitu sebanyak 1.051.994 jiwa. Dengan kasus DM pada tahun 2018 sebanyak 6.825 jiwa mencapai angka (15,7%) tahun 2019 sebanyak 6.722 jiwa mencapai angka (15,5%) dan tahun 2020 sebanyak 5.115 jiwa mencapai angka (11,8%) ( Dinas Kesehatan Lampung Timur ). Berdasarkan data dari Puskesmas Margototo di Kabupaten Lampung Timur, populasi laki-laki dan perempuan dari umur 15 tahun - ∞ sebanyak 6.779 jiwa bahwa penyakit DM mengalami peningkatan tiga tahun terakhir yaitu 2018 sebanyak 139 kasus mencapai angka (20,5%) tahun 2019 sebanyak 174 kasus mencapai angka (25,6%) dan 2020 sebanyak 281 mencapai angka (41,4%). (Rekam Medik Puskesmas Margototo ).

Rumusan masalahnya: bagaimana asuhan keperawatan keluarga terhadap individu Ny. U dengan gangguan nutrisi pada kasus DM tipe 2.

Tujuan Laporan Tugas Akhir ini adalah mendapatkan gambaran asuhan keperawatan keluarga terhadap individu Ny.U dengan gangguan nutrisi pada kasus DM tipe 2 di Desa Metro Kibang, Lampung Timur.

Hasil pengkajian didapatkan data Klien merasa pusing, lemas, kaki bengkak sudah 1 bulan, tidak nafsu makan, merasa mual ketika minum obat, dapat beraktifitas seperti biasanya (tidak bisa jalan jauh), sulit tidur di malam hari. Diagnosa yang ditegakkan yaitu : Ketidakstabilan kadar glukosa darah, Defisit nutrisi, Gangguan pola tidur. Rencana dan implementasi keperawatan pada individu Ny.U dengan meliputi 5 TUK yaitu : TUK 1 dapat mengenal masalah DM tipe 2, TUK 2 dapat mengambil keputusan, TUK 3 mampu merawat, TUK 4 keluarga mampu memodifikasi kesehatan/memodifikasi lingkungan, TUK 5 mampu memanfaatkan fasilitas kesehatan. Evaluasi yang dilaksanakan selama tiga hari, semua TUK sudah dilakukan dan masalah teratasi.

Simpulan dari laporan ini adalah tidak semua asuhan keperawatan pada teori sama dengan kondisi Ny.U setelah dilakukan asuhan keperawatan secara nyata. Saran dari penulis diharapkan dapat digunakan untuk bahan acuan dalam pelaksanaan Asuhan Keperawatan Keluarga bagi Puskesmas Margototo Lampung Timur.

Kata kunci : Asuhan keperawatan keluarga, DM tipe 2, Nutrisi

Sumber Bacaan : 15 (2008– 2020)

TANJUNG KARANG HEALTH POLYTECHNIC  
NURSING PROGRAM KOTABUMI  
Final Project Report, June 2021

Oktavia Dwi Sabputri,  
Family Nursing Care for Mrs. U with Nutritional Disorders in Cases of Type 2  
Diabetes Mellitus in Margototo Village Metro Kibang District, East Lampung, 22-  
24 March 2021.

xv +60 page +8 tables +3 pictures

## ABSTRACT

The prevalence of DM disease data in Lampung Province with a male and female population from the age of 15 years - as many as 432,554 people in East Lampung Regency, with a population of 1,051,994 people in East Lampung Regency. With DM cases in 2018 as many as 6,825 people reached the figure (15.7%) in 2019, 6,722 people reached the figure (15.5%) and in 2020 as many as 5,115 people reached the figure (11.8%) (East Lampung Health Office) Based on data from the Margototo Health Center in East Lampung Regency, the male and female population from the age of 15 years - as many as 6,779 people that DM disease has increased in the last three years, namely 2018 as many as 139 cases reaching the figure (20.5%) in 2019 as many as 174 cases reached 25.6% and 2020 reached 281 (41.4%). (Medical Records of Margototo Health Center). The formulation of the problem: how is family nursing care for the individual Mrs. U with nutritional disorders in cases of type 2 diabetes.

The purpose of this Final Project Report is to get an overview of family nursing care for individual Mrs. U with nutritional disorders in cases of type 2 diabetes mellitus in Metro Kibang Village, East Lampung.

The results of the study obtained data that the client felt dizzy, weak, swollen legs for 1 month, no appetite, felt nauseous when taking medicine, could do activities as usual (cannot walk far), had difficulty sleeping at night The established diagnosis is: Instability of blood glucose levels, nutritional deficits, sleep pattern disturbances. Nursing plans and implementation of individual Ny. U include 5 TUK, namely: TUK 1 can recognize DM type 2 problems, TUK 2 can make decisions, TUK 3 is able to care, TUK 4 families are able to modify health / modify the environment, TUK 5 is able to take advantage of the facilities health. The evaluation, which was carried out for three days, all TUK had been carried out and the problem was resolved.

The conclusion of this report is that not all nursing care in the territory is the same as Mrs. U's condition after nursing care is actually done. Suggestions from the authors are expected to be used as reference material in the implementation of Family Nursing Care for the Margototo Health Center, East Lampung.

Key words : Family nursing care, type 2 diabetes mellitus, Nutrition.

Reading sources : 15 (2008-2020)