

POLITEKNIK KESEHATAN TANJUNGPURWATI  
PRODI KEPERAWATAN KOTABUMI  
Laporan Tugas Akhir, 16 – 18 Maret 2023

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Asuhan Keperawatan Gerontik Dengan Gangguan Kebutuhan Nutrisi  
Pada Kasus Diabetes Melitus Tipe 2 Terhadap Tn. K Di Desa Mulang Maya  
Kecamatan Kotabumi Selatan Kabupaten Lampung Utara Tanggal 16-18 Maret  
2023

Xii + 70 halaman, 9 tabel, 2 gambar, dan 4 Lampiran

## RINGKASAN

*International Diabetes Federation (IDF)* menyatakan pada tahun 2021 terdapat 463 juta orang di dunia pada usia 20-79 tahun menderita diabetes. Indonesia menduduki peringkat ke-5 dari 10 negara dengan jumlah penderita DM terbanyak. Kebanyakan masyarakat Indonesia terkena penyakit DM Tipe 2.

Tujuan penulisan laporan tugas akhir ini memberikan gambaran pelaksanaan asuhan keperawatan gerontik dengan gangguan kebutuhan nutrisi pada kasus diabetes mellitus tipe 2 terhadap Tn. K secara komprehensif dan berdasarkan Standar Diagnosis Keperawatan Indonesia (SDKI), Standar Luaran Keperawatan Indonesia (SLKI), Standar Intervensi Indonesia (SIKI).

Hasil pengkajian pada Tn. K di dapatkan: klien mengeluh sering kencing dengan frekuensi 10-12 x sehari, sering makan, sering haus, mukosa mulut kering, GDS 344 mg/dL, terdapat luka di punggung kaki kanan, luka berwarna kemerahan, dengan bentuk  $\pm$  bulat diameter 6 cm, tidak ada push, terdapat edema di sekitar luka, klien mengatakan nyeri dengan skala nyeri 3 (0-10). Klien mengatakan merasa khawatir dengan akibat dari kondisi yang dihadapinya, Tn. K tampak gelisah, Tn. K tampak tegang, kontak mata buruk. Diagnosis yang ditegakkan pada Tn. K yaitu ketidakstabilan kadar glukosa darah, gangguan integritas kulit, dan ansietas. Perencanaan keperawatan meliputi SLKI: kestabilan kadar glukosa dalam darah, integritas kulit dan jaringan, dan tingkat ansietas. Dengan SIKI: Manajemen Hiperglikemia, Perawatan Luka Bakar, Reduksi Ansietas. Hasil evaluasi selama 3 hari menunjukkan diagnosis ketidakstabilan kadar glukosa darah teratasi sebagian, gangguan integritas kulit teratasi sebagian, dan ansietas teratasi.

Simpulan dari laporan tugas akhir ini tidak semua teori proses keperawatan kasus diabetes mellitus tipe 2 sesuai dengan kondisi klien pada kenyataannya. Saran untuk klien agar dapat menerapkan diet, olahraga, minum obat secara teratur, dan cek kadar glukosa secara rutin untuk mengontrol kadar glukosa darah agar tidak terjadi komplikasi lebih lanjut.

Kata kunci : Asuhan keperawatan, dm, nutrisi  
Daftar bacaan : 17 (2014-2022)

TANJUNGKARANG HEALTH POLYTECHNIC  
CITY NURSING STUDY PROGRAM  
Final Project Report, 16 – 18 March 2023

Rani Istikomah,  
*Gerontic Nursing Care with Impaired Nutritional Needs in Cases of Type 2 Diabetes Mellitus Against Mr. K In Mulang Maya Village, Kotabumi Selatan District, North Lampung Regency, March 16-18 2023*

Xii + 70 pages, 9 tables, 2 pictures, and 4 Attachment

## **ABSTRACT**

The International Diabetes Federation (IDF) states that by 2021 there will be 463 million people in the world aged 20-79 years suffering from diabetes. Indonesia is ranked 5th out of 10 countries with the highest number of DM sufferers. Most Indonesian people are affected by Type 2 DM.

The purpose of writing this final project report is to provide an overview of the implementation of gerontic nursing care with impaired nutritional needs in cases of type 2 diabetes mellitus to Mr. K comprehensively and based on the Indonesian Nursing Diagnosis Standards (IDHS), Indonesian Nursing Outcomes Standards (SLKI), Indonesian Intervention Standards (SIKI).

The results of the study on Mr. K obtained: the client complains of frequent urination with a frequency of 10-12 × a day, often eats, often thirsty, dry oral mucosa, GDP 344 mg/dL, there is a wound on the right instep, a reddish wound, with a round shape ± 6 cm in diameter, no push, there is edema around the wound, the client says pain with a pain scale of 3 (0-10). The client said he was worried about the consequences of his condition, Mr. K looked uneasy, Mr. K looks tense, poor eye contact. The diagnosis made on Mr. K is the instability of blood glucose levels, impaired skin integrity, and anxiety. Nursing planning includes SLKI: stability of blood glucose levels, skin and tissue integrity, and level of anxiety. With SIKI: Management of Hyperglycemia, Treatment of Burns, Reduction of Anxiety. Evaluation results for 3 days showed the diagnosis of unstable blood glucose levels was partially resolved, impaired skin integrity was partially resolved, and anxiety was resolved.

The conclusion of this final 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 for clients to be able to implement diet, exercise, take medication regularly, and check glucose levels regularly to control blood glucose levels to prevent further complications.

Keywords : Nursing care, DM, nutrition  
Reading list : 17 (2014-2022)