

POLITEKNIK KESEHATAN TANJUNGPUR
PRODI KEPERAWATAN KOTABUMI
Laporan Tugas Akhir, Mei 2023

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Asuhan Keperawatan Keluarga Dengan Gangguan Kebutuhan Nutrisi Pada Kasus
Diabetes Mellitus Terhadap Tn. E Di Kelurahan Kota Alam Wilayah Kerja
Puskesmas Kotabumi II Tanggal 29-31 Maret 2023
xvi + 66 halaman, 8 tabel, 2 gambar, 2 lampiran

RINGKASAN

Diabetes Mellitus (DM) merupakan penyakit kronis yang terjadi diakibatkan pankreas tidak dapat menghasilkan cukup insulin. Terapi yang harus dilakukan oleh pasien diabetes mellitus selama hidupnya yaitu secara farmakologi yang berupa pemberian obat-obatan dan non farmakologi berupa pengaturan diet, latihan jasmani, edukasi, terapi herbal. Rumusan masalah laporan ini adalah bagaimana Asuhan Keperawatan Keluarga dengan Gangguan Kebutuhan Nutrisi pada Kasus Diabetes Mellitus Terhadap Tn. E di wilayah kerja Puskesmas Kotabumi II.

Tujuan Laporan Tugas Akhir ini adalah memberikan gambaran Asuhan Keperawatan Keluarga dengan Gangguan Kebutuhan Nutrisi pada Kasus Diabetes Mellitus Terhadap Tn. E di Kelurahan Kota Alam Wilayah Kerja Puskesmas Kotabumi II.

Hasil pengkajian didapatkan data : klien mengatakan lesu saat beraktivitas, sering lapar, mengantuk dan kesemutan di kaki. Klien mengatakan sulit tidur dan sering terbangun pada malam hari di sebabkan karena klien ingin berkemih. Diagnosa yang ditegakkan yaitu ketidakstabilan kadar glukosa darah, gangguan pola tidur, dan kesiapan peningkatan coping keluarga. Rencana dan implementasi keperawatan pada Tn. E meliputi 5 TUK, yaitu TUK 1 mampu mengenal masalah, TUK 2 mampu mengambil keputusan, TUK 3 mampu merawat anggota keluarga, TUK 4 mampu memelihara kesehatan/memodifikasi lingkungan, TUK 5 mampu memanfaatkan fasilitas pelayanan kesehatan. Evaluasi yang dilaksanakan selama 3 hari tercapai keluarga mampu melakukan TUK 1,2,3,4,5, tetapi masalah ketidakstabilan kadar glukosa darah pada Tn. E teratasi sebagian dengan hasil GDS : 215 mg/dL.

Simpulan laporan ini mendapatkan gambaran secara nyata tentang asuhan keperawatan keluarga sesuai SDKI, SIKI, dan SLKI terhadap Tn. E. Saran laporan ini diharapkan pihak Puskesmas Kotabumi II melakukan pemantauan terhadap penderita DM saat melakukan Posyandu, agar pasien dengan diabetes mellitus dapat terhindar dari komplikasi seperti hiperglikemia atau hipoglikemia

Kata Kunci : asuhan keperawatan keluarga, nutrisi, diabetes mellitus
Sumber Bacaan : 26 (2013-2023)

*HEALTH POLYTECHNIC TANJUNGPUR
KOTABUMI NURSING PROGRAM
Final Project Report, May 2023*

*Shaggy Natasha Wanvillyov,
Nursing Care for Families with Impaired Nutritional Needs in the Case of
Diabetes Mellitus for Mr. E in Kota Alam Village, Kotabumi II Health Center
Working Area, March 29-31, 2023
xvi + 66 pages, 8 tables, 2 figures, 2 attachments*

ABSTRACT

Diabetes Mellitus (DM) is a chronic disease that occurs because the pancreas cannot produce enough insulin. Therapy that must be carried out by patients with diabetes mellitus during their lifetime is pharmacological in the form of administering drugs and non-pharmacological in the form of dietary management, physical exercise, herbal therapy education. The formulation of the problem of this report is how Family Nursing Care with Nutritional Needs Disorders in the Case of Diabetes Mellitus for Mr. E in the Kotabumi II Health Center work area.

The purpose of this Final Project Report is to provide an overview of Family Nursing Care with Impaired Nutritional Needs in the Case of Diabetes Mellitus for Mr. E in Kota Alam Village, Kotabumi II Health Center Working Area.

The results of the assessment obtained data: the client said that he was lethargic during activities, often hungry, sleepy and tingling in the legs. The client said it was difficult to sleep and often woke up at night because the client wanted to urinate. Diagnoses that are established are instability of blood glucose levels, disturbance of sleep patterns, and readiness to increase family coping. Nursing plan and implementation on Mr. E includes 5 TUKs, namely TUK 1 being able to recognize problems, TUK 2 being able to make decisions, TUK 3 being able to care for family members, TUK 4 being able to maintain health / modify the environment, TUK 5 being able to utilize health care facilities. Evaluation carried out for 3 days achieved that the family was able to do TUK 1,2,3,4,5, but the problem of instability of blood glucose levels in Mr. E was partially resolved with the results of GDS: 215 mg/dL

The conclusion of this report is to get a real picture of family nursing care according to the SDKI, SIKI, and SLKI for Mr. E. The suggestion of this report is that the Kotabumi II Health Center is expected to monitor DM patients when doing Posyandu, so that patients with diabetes mellitus can avoid complications such as hyperglycemia or hypoglycemia.

*Keywords : family nursing care, nutrition, diabetes mellitus
Reading Sources : 26 (2013-2023)*