

POLITEKNIK KESEHATAN TANJUNGPUR  
PRODI KEPERAWATAN KOTABUMI  
Laporan Tugas Akhir, 2 Juni 2021

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Asuhan Keperawatan Gawat Darurat Gangguan Nutrisi Pada Kasus Hipoglikemia terhadap Ny.N di Ruang IGD RSUD Jend Ahmad Yani Kota Metro Tanggal 29 Maret 2021.  
xvii + 64 halaman, 9 tabel, dan 1 bagan.

## RINGKASAN

Hipoglikemia merupakan salah satu komplikasi diabetes mellitus yang mengalami penurunan kadar glukosa dalam darah < 45-60 mg/dl. Kasus hipoglikemia di kota Metro terutama di RSUD Jend Ahmad Yani khususnya di ruang IGD masih jarang ditemukan kasusnya. Berdasarkan data laporan di ruang IGD RSUD Jend Ahmad Yani Kota Metro pada bulan Januari-Maret 2021 sebanyak 11 orang. Tetapi untuk tahun 2020 tidak termasuk 10 penyakit terbesar namun kasus hipoglikemia sangat mengancam nyawa jika tidak ditangani. Berdasarkan latar belakang yang telah diuraikan diatas, maka penulis mengambil rumusan masalah “ Bagaimana Asuhan Keperawatan Gawat Darurat Gangguan Nutrisi Pada Kasus Hipoglikemia Terhadap Ny.N di ruang IGD RSUD Jend Ahmad Yani Kota Metro”. Tujuan penulisan adalah memberi gambaran asuhan keperawatan kasus hipoglikemia pada Ny. N dengan gangguan nutrisi di ruang IGD RSUD Jend Ahmad Yani Kota Metro. Diagnosa keperawatan yang muncul pada pasien yaitu: pola napas tidak efektif, ketidakseimbangan kadar glukosa darah, dan perfusi perifer tidak efektif. Rencana keperawatan SLKI & SIKI untuk prioritas masalah yang ditegaskan yaitu pola napas tidak efektif berhubungan dengan depresi pusat pernapasan, SLKI: pola napas, SIKI: manajemen jalan napas dan pemantauan respirasi. Ketidakseimbangan kadar glukosa darah berhubungan dengan penggunaan obat glikemik oral, SLKI: kestabilan kadar glukosa darah, SIKI: manajemen hipoglikemia. Perfusi perifer tidak efektif berhubungan dengan hipoglikemia, SLKI: perfusi perifer, SIKI: perawatan sirkulasi. Implementasi dilakukan sesuai dengan label yang dipilih. Evaluasi keperawatan dilakukan selama 1 hari sesuai proses keperawatan dan hasil evaluasi masalah hanya teratasi sebagian dan dilanjutkan di ruang rawat inap. Kesimpulan dari laporan ini bahwa tidak semua teori proses keperawatan kasus hipoglikemia sesuai dengan kondisi pasien pada kenyataannya, karena disesuaikan dengan kondisi dan kebutuhan pasien. Saran bagi rumah sakit diharapkan tindakan sesuai dengan standar prosedur operasional yang ada, agar perawat dapat menentukan apakah masalah teratasi, teratasi sebagian, atau tidak teratasi dan membutuhkan rujukan.

Kata kunci : Asuhan Keperawatan, hipoglikemia, Nutrisi  
Daftar bacaan : 19 bacaan (2008- 2018).

TANJUNGPURANG HEALTH POLYTECHNIC  
NURSING KOTABUMI STUDY PROGRAM  
Finally Task Report, 2 June 2021

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Emergency Nursing Care for Patients with Disorders of Nutrition in the case of Hypoglycemia Against Mrs.N in the Emergency Room of Jend Ahmad Yani Hospital, Metro City, 29 March 2021.

xvii + 64 pages, 9 tables, and 1 chart

## ABSTRACT

Hypoglycemia is one of the complications of diabetes mellitus, which has decreased glucose levels in the blood <45-60 mg / dl. Hypoglycemia cases in the Metro city, especially in RSUD Jend Ahmad Yani, especially in the emergency room, are still rare. Based on data reports in the emergency room of the RSUD Jend Ahmad Yani Hospital, Metro City in January-March 2021, there were 11 patients. But for 2020 not including 10 most common diseases in the Emergency Room Jend Ahmad Yani Hospital, Metro city in 2020, but cases of hypoglycemia are very life threatening if not treated. Based on the background that has been described above, the authors take the formulation of the problem "How Nursing Care With Disorders of Nutrition in Hypoglycemia Cases Against Mrs. N in the Emergency Room RSUD Jend Ahmad Yani, Metro City. The purpose of writing this finally task report is the author is able to provide an overview of how nursing care for Hypoglycemia cases in Mrs. N with Nutrition in the Emergency Room RSUD Jend Ahmad Yani, Metro City. Nursing diagnoses that appear in patients are ineffective breath patterns, blood glucose level instability, and ineffective peripheral perfusion. SLKI & SIKI Nursing plan is ineffective breath patterns, associated with respiratory center depression, SLKI breath pattern, SIKI airway management and respiration monitoring. Blood glucose level instability associated with the use of oral glycemc drugs. SLKI stability of blood glucose levels. SIKI Hypoglycemia management. Ineffective peripheral perfusion associated with Hypoglycemia. SLKI peripheral perfusion. SIKI circulation care. The implementation is carried out in accordance with the selected label. Nursing evaluation was carried out for 1 day according to the nursing process and the results of the evaluation of the problem were only partially resolved and continued in the inpatient room. The conclusion of this report is that not all nursing process theories of hypoglycemia cases are in accordance with the patient's condition in reality, because they are adapted to the conditions and needs of the patient. Suggestions are that the hospital is expected to act in accordance with existing SOP, so that nurses can determine whether the problem has been resolved, partially resolved, or has not been resolved and requires referral.

Keywords : nursing care, hypoglycemia, nutrition

Literature source : 19 literature (2008-2018).