

POLTEKKES TANJUNGPUR
JURUSAN KEPERAWATAN TANJUNGPUR
PROGRAM STUDI DIII KEPERAWATAN TANJUNGPUR

Laporan tugas akhir
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**ASUHAN KEPERAWATAN GANGGUAN KEBUTUHAN NUTRISI DAN
CAIRAN : KETIDAKSTABILAN KADAR GLUKOSA DARAH PADA
PASIEN DIABETES MELITUS DI RUANG SEROJA RUMAH SAKIT
MARDI WALUYO METRO TAHUN 2024**

xii+ 82 halaman + 2 gambar + 11 tabel + 6 lampiran

ABSTRAK

Diabetes Melitus merupakan suatu keadaan dimana kadar glukosa darah di atas normal. Di Lampung terkonfirmasi terdapat 89.981 kasus. Dan di RS Mardi Waluyo Metro merupakan rumah sakit tipe B pada tahun 2023 terdapat 193 kasus pada tahun 2023. Keluhan utama yang dirasakan pasien Diabetes Melitus yaitu lemas. Penulisan ini dilakukan untuk memberikan gambaran perbandingan pelaksanaan asuhan keperawatan gangguan kebutuhan nutrisi dan cairan pada pasien Diabetes Melitus di ruang Seroja Rumah Sakit Mardi Waluyo Metro. Penulisan ini menggunakan pendekatan studi kasus asuhan keperawatan yang meliputi proses keperawatan mulai dari pengkajian, diagnosis, intervensi, implementasi, serta evaluasi keperawatan. Teknik pengumpulan data meliputi wawancara, observasi, pemeriksaan fisik dan pemeriksaan penunjang. Asuhan keperawatan dilakukan selama tiga hari perawatan. Diagnosis keperawatan fokus pada kedua pasien dengan gangguan pemenuhan kebutuhan nutrisi cairan yaitu ketidakstabilan kadar glukosa darah. Intervensi keperawatan sesuai SIKI (2018) yaitu manajemen manajemen hiperglikemia. Hasil asuhan yang didapatkan pada pasien 1 pasien merasa pusing, mual, dan lemas berkurang sedangkan pada pasien 2 mengeluh lemas, sering buang air kecil berkurang.

Kata Kunci: Diabetes Melitus, ketidakstabilan kadar glukosa darah
Daftar Pustaka: 34 (2015 – 2023)

**TANJUNGPURANG HEALTH POLITICS
TANJUNGPURANG NURSING DEPARTMENT
DIII NURSING STUDY PROGRAM TANJUNGPURANG**

Scientific Writing Report
Seli Oktapia

**NURSING CARE FOR DISORDERS OF NUTRITIONAL AND FLUID
REQUIREMENTS: INSTABILITY OF BLOOD GLUCOSE LEVELS IN
DIABETES MELLITUS PATIENTS IN THE HOSPITAL SEROJA ROOM
MARDI WALUYO METRO YEAR 2024**

xii+ 82 pages + 2 figures + 11 tables + 6 attachments

ABSTRACT

Diabetes Mellitus is a condition where blood glucose levels are above normal. In Lampung there were 89,981 confirmed cases. And at Mardi Waluyo Metro Hospital, which is a type B hospital, in 2023 there were 193 cases in 2023. The main complaint felt by Diabetes Mellitus patients was weakness. This writing was carried out to provide a comparative description of the implementation of nursing care for impaired nutritional and fluid needs in Diabetes Mellitus patients in the Seroja ward at Mardi Waluyo Metro Hospital. This writing uses a case study approach to nursing care which includes the nursing process starting from assessment, diagnosis, intervention, implementation, and nursing evaluation. Data collection techniques include interviews, observation, physical examination and supporting examinations. Nursing care is provided for three days of treatment. The nursing diagnosis focuses on both patients with disorders in meeting fluid nutritional needs, namely instability in blood glucose levels. Nursing interventions according to SIKI (2018) are hyperglycemia management. The results of the care obtained were that patient 1 felt dizzy, nauseous, and felt less tired, while patient 2 complained of weakness and reduced frequent urination.

Keywords: Diabetes Mellitus, instability of blood glucose levels
Bibliography: 34 (2015 – 2023)