

**POLITEKNIK KESEHATAN TANJUNGPURWATI  
JURUSAN KEPERAWATAN TANJUNGPURWATI  
PRODI DIII KEPERAWATAN TANJUNGPURWATI**

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**ASUHAN KEPERAWATAN GANGGUAN KEBUTUHAN  
NUTRISI: KETIDAKSTABILAN KADAR GLUKOSA  
DARAH PADA PASIEN DIABETES MELITUS  
DI RS MARDI WALUYO METRO  
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**ABSTRAK**

Diabetes melitus (DM) merupakan suatu kelompok penyakit metabolik dengan karakteristik hiperglikemia yang terjadi karena kelainan sekresi insulin, kerja insulin atau keduanya. Satu dari sepuluh orang hingga 537 juta orang di penjuru dunia saat ini menderita diabetes (*International Diabetes Federation, 2021*). Orang dewasa dalam kelompok ini memiliki prevalensi hiperglikemia sebesar 56,8%. Total penderita Diabetes Melitus di Provinsi Lampung yang tercatat sebanyak 0,99% atau sama dengan 31.462 orang. RS Mardi Waluyo Metro jumlah pasien Diabetes Melitus di RS Mardi Waluyo Metro mencapai 193 orang dalam satu tahun terakhir. Tujuan penulisan laporan ini adalah menggambarkan pelaksanaan asuhan keperawatan gangguan kebutuhan nutrisi (ketidakstabilan kadar glukosa darah) pada pasien diabetes melitus di RS Mardi Waluyo Metro. Metode penelitian menggunakan pendekatan asuhan keperawatan berfokus pada dua subyek yang mengalami gangguan kebutuhan nutrisi (ketidakstabilan kadar glukosa darah). Teknik pengumpulan data menggunakan wawancara, observasi dan pemeriksaan fisik. Melakukan asuhan keperawatan dari tanggal 02 sampai 06 Februari 2024. Asuhan keperawatan yang didapat adalah gangguan kebutuhan nutrisi (ketidakstabilan kadar glukosa darah) sehingga dilakukan intervensi dan implementasi keperawatan sesuai yaitu manajemen hiperglikemia. Hasil asuhan keperawatan yang didapatkan pada kedua pasien selama tiga hari, didapatkan data bahwa pasien 1 (Tn.K) keluhan lemas menurun, rasa haus menurun, kadar glukosa darah membaik. Pasien 2 (Tn.N) didapatkan data lemas menurun, rasa haus menurun, kadar glukosa darah membaik.

Kata kunci: Asuhan keperawatan, *Diabetes melitus*, gangguan kebutuhan nutrisi  
Daftar pustaka: 22

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**NURSING CARE FOR DISORDERS OF NUTRITIONAL  
NEEDS: INSTABILITY OF BLOOD GLUCOSE LEVELS  
IN DIABETES MELLITUS PATIENTS AT  
MARDI WALUYO METRO HOSPITAL  
MAY 2024**

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**ABSTRACT**

Diabetes mellitus (DM) is a group of metabolic diseases characterized by hyperglycemia that occurs due to abnormalities in insulin secretion, insulin action, or both. One in ten people to 537 million people worldwide currently suffer from diabetes (International Diabetes Federation, 2021). Adults in this group had a prevalence of hyperglycemia of 56.8%. The number of Diabetes Mellitus sufferers in Lampung Province was recorded at 0.99% or the equivalent of 31,462 people. Mardi Waluyo Metro Hospital, the number of Diabetes Mellitus sufferers at Mardi Waluyo Metro Hospital reached 193 people in the last year. The purpose of writing this report is to describe the implementation of nursing care for impaired nutritional needs (instability in blood glucose levels) in diabetes mellitus patients at Mardi Waluyo Metro Hospital. The research method uses a nursing care approach with a focus on two subjects who experience impaired nutritional needs (instability in blood glucose levels). Data collection techniques use interviews, observation and physical examination. Carrying out nursing care from 02 to 06 February 2024. The nursing care received was that there was a disturbance in nutritional needs (instability of blood glucose levels) so that appropriate nursing intervention and implementation was carried out, namely management of hyperglycemia. The results of nursing care obtained for both patients for three days, data showed that patient 1 (Mr. K) complained of reduced weakness, reduced thirst, improved blood glucose levels. Patient 2 (Mr. N) obtained data on decreased weakness, decreased thirst, improved blood glucose levels.

Keyword : Nutriton, Diabetes Mellitus, Nursing Care

Reading List : 22