

**POLITEKNIK KESEHATAN TANJUNGPUR  
JURUSAN KEPERAWATAN TANJUNGPUR  
PRODI DIII KEPERAWATAN TANJUNGPUR**

Laporan Tugas Akhir, Mei 2022

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**ASUHAN KEPERAWATAN GANGGUAN KEBUTUHAN NUTRISI PADA  
PASIEN DIABETES MELITUS DI RUANG PENYAKIT DALAM  
RSUD DR. A. DADI TJOKRODIPO  
BANDAR LAMPUNG TAHUN 2022**

XIV + 69 halaman + 12 tabel + 6 lampiran + 1 gambar

**ABSTRAK**

Salah satu gangguan kebutuhan nutrisi terjadi karena adanya gangguan metabolisme karbohidrat akibat kelainan sekresi dan kerja insulin sehingga kadar glukosa darah meningkat yang disebut dengan diabetes melitus. Ditandai dengan sel kekurangan glukosa, lemas, mual, tidak nafsu makan, berat badan menurun sehingga mengakibatkan gangguan kebutuhan nutrisi. Seseorang dikatakan menderita diabetes melitus jika GDS > 200 mg/dl, GDP > 126 mg/dl dan Glukosa 2 Jam PP > 200 mg/dl. Di ruang penyakit dalam RSUD Dr. A. Dadi Tjokrodipo terdapat 196 kasus diabetes melitus dimana menjadi kasus tertinggi kedua setelah anemia. Tujuan asuhan keperawatan ini untuk menggambarkan asuhan keperawatan pemenuhan kebutuhan nutrisi pada pasien diabetes melitus. Penulis menggunakan metode asuhan keperawatan medikal bedah, dengan melakukan pengkajian sampai dengan evaluasi keperawatan menggunakan teknik wawancara, observasi, pemeriksaan fisik dan pemeriksaan penunjang. Penulis melakukan edukasi mengenai diet diabetes dan olahraga, manajemen status nutrisi, mencukupi kebutuhan nutrisi dan memonitor gula darah, yang dilaksanakan selama tiga hari dari tanggal 14-16 Februari 2022. Hasil evaluasi keperawatan didapatkan data bahwa pasien sudah tidak lemas, gula darah pasien dalam batas normal, nafsu makan bertambah, berat badan pasien dalam status kurang, pasien mampu beraktifitas tanpa bantuan. Penulis menyarankan pasien untuk tetap memonitor asupan makanan agar defisit nutrisi dapat segera teratasi.

Kata kunci : Nutrisi, Diabetes Melitus, Asuhan Keperawatan

Daftar pustaka : 19 (2013-2021)

**POLYTECHNIC OF HEALTH TANJUNGPUR  
DEPARTMENT OF NURSING TANJUNGPUR  
STUDY PROGRAM OF DIII NURSING TANJUNGPUR**

Final Assignment Report, May 2022

Ayu Anggraeni

**NURSING CARE OF NUTRITIONAL NEED DISORDERS  
IN DIABETES MELLITUS PATIENT IN THE INTERNAL  
DISEASE ROOM DR. A. DADI TJOKRODIPU  
BANDAR LAMPUNG IN 2022**

XIV + 69 pages + 12 tables + 6 attachments + 1 picture

**ABSTRAK**

One of the disturbances in nutritional needs occurs due to disturbances in carbohydrate metabolism due to abnormalities in insulin secretion and work so that blood glucose levels increase which is called diabetes mellitus. Characterized by glucose deficiency cells, weakness, nausea, no appetite, weight loss resulting in impaired nutritional needs. A person is said to have diabetes mellitus if GDS > 200 mg/dl, GDP > 126 mg/dl and glucose 2 hours PP > 200 mg/dl. In the internal medicine room, Dr. A. Dadi Tjokrodipo there were 196 cases of diabetes mellitus which was the second highest case after anemia. The purpose of this nursing care is to describe nursing care to fulfill nutritional needs in patients with diabetes mellitus. The author uses the method of medical-surgical nursing care, by conducting assessments to nursing evaluations using interview, observation, physical examination and supporting examination techniques. The author conducted education about diabetes diet and exercise, managing nutritional status, meeting nutritional needs and monitoring blood sugar, which was carried out for three days from February 14-16 2022. The results of the nursing evaluation obtained data that the patient was not weak, the patient's blood sugar was within normal limits. normal, increased appetite, the patient's weight is in poor status, the patient is able to carry out activities without assistance. The author advises patients to continue to monitor food intake so that the nutritional deficit can be resolved immediately.

Keywords : Nutrition, Diabetes Mellitus, Nursing Care

Reading List : 19 (2013-2021)