

ABSTRAK

Diabetes Mellitus perlu mendapat perhatian yang lebih serius, selain penurunan fungsi sel beta pankreas mengakibatkan terjadinya gangguan sekresi insulin yang seharusnya didapat oleh tubuh, masalah akibat gangguan metabolisme tubuh yang menahun akibat hormon insulin dalam tubuh yang tidak dapat digunakan secara efektif dalam mengatur keseimbangan gula darah sehingga meningkatkan konsentrasi kadar gula di dalam darah (hiperglikemia). Tujuan dari penelitian ini adalah menganalisis hasil asuhan keperawatan keluarga yang mengalami diabetes mellitus dengan risiko ketidakstabilan kadar glukosa darah di Desa Dukuh Mencek Kecamatan Sukorambi. Metode penelitian ini adalah studi kasus. Sampel penelitian ini seluruh anggota keluarga Tn. A yang tinggal di Desa Dukuh Mencek Kecamatan Sukorambi, kriteria inklusi keluarga yang didiagnosa diabetes mellitus sudah 3 tahun, tidak tinggal sendirian ada keluarga yang menemani. Instrumen yang digunakan adalah format asuhan keperawatan meliputi pengkajian, analisis data, diagnosa keperawatan, intervensi, implementasi, evaluasi. Waktu pengambilan data selama 3 minggu mulai tanggal 25 Oktober – 13 November 2021. Hasil pengkajian menunjukkan bahwa secara garis besar keluarga belum mampu merawat dan belum memeriksakan kadar gula darahnya secara rutin ke fasilitas kesehatan, diagnosis yang diangkat meliputi risiko ketidakstabilan kadar glukosa darah, defisit pengetahuan tentang cara perawatan diabetes mellitus, manajemen kesehatan tidak efektif, intervensi yang dilakukan salah satunya senam kaki diabetik dan edukasi, hasil evaluasi menunjukkan bahwa terpantau gula darah stabil selama masa perawatan. Hasil dari asuhan keperawatan ini ternyata pemberian asuhan keperawatan ini penting sekali terutama pada keluarga yang mengalami masalah penyakit kronis seperti diabetes mellitus, sehingga diharapkan perawat melakukan pemantauan secara rutin melalui kunjungan keluarga.

Kata Kunci : Asuhan Keperawatan Keluarga, Keluarga dengan Diabetes Mellitus, Ketidakstabilan Kadar Glukosa Darah

ABSTRACT

Diabetes Mellitus needs more serious attention, in addition to a decrease in the function of pancreatic beta cells resulting in impaired insulin secretion that should be obtained by the body, problems due to chronic body metabolic disorders due to the insulin hormone in the body that cannot be used effectively in regulating blood sugar balance so that increase the concentration of sugar levels in the blood (hyperglycemia). The purpose of this study was to analyze the results of nursing care for families with diabetes mellitus with the risk of unstable blood glucose levels in Dukuh Mencek Village, Sukorambi District. This research method is a case study. The sample of this research is all family members of Mr. A who lives in Dukuh Mencek Village, Sukorambi District, the inclusion criteria for a family diagnosed with diabetes mellitus is 3 years old, does not live alone and has an accompanying family. The instrument used is a nursing care format including assessment, data analysis, nursing diagnoses, interventions, implementation, evaluation. The time for data collection is 3 weeks starting from October 25 to November 13, 2021. The results of the study show that in general the family has not been able to care for and have not checked their blood sugar levels regularly at health facilities, the diagnosis raised includes the risk of unstable blood glucose levels, knowledge deficit about how to treat diabetes mellitus, ineffective health management, interventions that were carried out were diabetic foot exercises and education, the results of the evaluation showed that blood sugar was stable during the treatment period. The results of this nursing care turns out that the provision of nursing care is very important, especially for families who experience chronic disease problems such as diabetes mellitus, so nurses are expected to carry out regular monitoring through family visits.

Keywords: Family Nursing Care, Families with Diabetes Mellitus, Blood Glucose Level Instability