

Abstrak  
UNIVERSITAS MUHAMMADIYAH JEMBER  
PROGRAM STUDI PROFESI NERS  
FAKULTAS ILMU KESEHATAN

Karya Ilmiah Akhir, Agustus 2023  
Trsiya Bella Fibrianti

Studi Kasus Pasien Diabetes Mellitus Dengan Ketidakstabilan Kadar Glukosa Darah  
Di Ruang Anturium RSUD dr. Soebandi Jember

XIV + 93 Halaman + 8 gambar + 10 tabel + 4 lampiran

#### Abstrak

Latar Belakang: Diabetes mellitus dapat menimbulkan beberapa masalah keperawatan yang dapat mengganggu kebutuhan dasar manusia. Salah satu masalah keperawatan yang selalu muncul pada penderita diabetes mellitus tersebut yaitu ketidakstabilan glukosa darah. Ketidakstabilan glukosa darah yaitu rentan terhadap variasi kadar glukosa/gula darah dari rentang normal, yang dapat mengganggu kesehatan. Senam diabetes dinilai efektif dalam menurunkan kadar glukosa darah pada penderita diabetes. Tujuan: tujuan studi kasus penelitian ini untuk mengetahui efektifitas senam diabetes dalam menurunkan kadar glukosa darah pada pasien diabetes mellitus. Metode: Desain penelitian yang digunakan peneliti yaitu studi kasus dengan metode wawancara, observasi dan studi dokumentasi. Subjek penelitian ini yaitu pasien yang menderita diabetes mellitus dengan masalah keperawatan ketidakstabilan kadar glukosa darah. **Hasil:** berdasarkan hasil evaluasi pada ketiga klien terjadi penurunan kadar glukosa darah yang signifikan sebelum dan sesudah dilakukan intervensi senam diabetes selama dilakukan intervensi selama tiga hari berturut-turut. Simpulan: senam diabetes efektif dalam menurunkan kadar glukosa darah pada pasien diabetes mellitus.

**Kata Kunci** : Ketidakstabilan Kadar Glukosa Darah, Senam Diabetes, Diabetes Mellitus

*Abstract*  
**MUHAMMADIYAH JEMBER UNIVERSITY**  
**NERS PROFESSIONAL STUDY PROGRAM**  
**FACULTY OF HEALTH SCIENCE**  
*Final Scientific Work, August 2022*  
*Trisyta Bella Fibrianti*

*Case Study of Diabetes Mellitus Patients With Instability of Blood Glucose Levels in the Anthurium Room of RSUD dr. Soebandi Jember*

XIV + 93 Pages + 8 figure + 10 tables + 4 attachments

*Abstract*

*Background: Diabetes mellitus can cause several nursing problems that can interfere with basic human needs so that comprehensive care is needed. One of the nursing problems that always arises in patients with diabetes mellitus is the blood glucose instability. Blood glucose instability, namely being susceptible to variations in blood glucose/sugar levels from the normal range, which can be detrimental to health. Diabetic exercise is considered effective in lowering blood glucose levels in diabetics. Purpose: The purpose of this research case study was to determine the effectiveness of diabetes exercise in lowering blood glucose levels in patients with diabetes mellitus. Method: The research design used by researchers is a case study using interviews, observation and documentation studies. The subjects of this study were patients suffering from diabetes mellitus with nursing problems of unstable blood glucose levels. Results: based on the results of the evaluation of the three clients there was a significant decrease in blood glucose levels before and after the diabetes exercise intervention during the intervention for three consecutive days. Conclusion: diabetes exercise is effective in reducing blood glucose levels in diabetes mellitus patients.*

*Key words : Instability of Blood Glucose Levels, Diabetes Exercise, Diabetes Mellitus*