

## ABSTRAK

UNIVERSITAS MUHAMMADIYAH JEMBER  
PROGRAM STUDI DIII KEPERAWATAN  
FAKULTAS ILMU KESEHATAN

Karya Tulis Ilmiah  
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Implementasi Kolaborasi Pemberian Insulin Pada Pasien Diabetes Melitus Dengan Ketidakstabilan Kadar Glukosa Darah Di RSD Kalisat.

viii + 48 halaman + 15 tabel + 8 lampiran

### Abstrak

**Latar Belakang:** Diabetes Melitus merupakan penyakit metabolik kronis yang ditandai dengan gangguan produksi atau kerja insulin sehingga menyebabkan ketidakstabilan kadar glukosa darah. Ketidakstabilan kadar glukosa darah yang tidak dikelola secara optimal dapat meningkatkan risiko terjadinya komplikasi akut maupun kronis. Oleh karena itu, diperlukan penatalaksanaan yang tepat, salah satunya melalui implementasi kolaborasi pemberian insulin sebagai bagian dari asuhan keperawatan untuk membantu mencapai kestabilan kadar glukosa darah pada pasien Diabetes Melitus. **Tujuan:** Menggambarkan implementasi kolaborasi pemberian insulin pada pasien Diabetes Melitus dengan ketidakstabilan kadar glukosa darah di RSD Kalisat. **Metode:** Metode yang digunakan adalah studi kasus dengan pendekatan asuhan keperawatan yang difokuskan pada tahap implementasi kolaboratif. Pengumpulan data dilakukan melalui anamnesis, pemeriksaan fisik, observasi pelaksanaan pemberian insulin sesuai standar operasional prosedur, serta telah hasil pemeriksaan kadar glukosa darah dan dokumentasi medis pasien. **Hasil:** asuhan keperawatan menunjukkan bahwa setelah dilakukan implementasi kolaborasi pemberian insulin sesuai program medis dan pemantauan kadar glukosa darah secara berkala, kadar glukosa darah pasien menunjukkan kecenderungan menuju nilai <200 mg/dL. Selain itu, tanda dan gejala yang berkaitan dengan ketidakstabilan kadar glukosa darah berkurang, serta kondisi umum pasien mengalami perbaikan selama masa perawatan. Kesimpulan dari Karya Tulis Ilmiah ini adalah bahwa implementasi kolaborasi pemberian insulin berperan penting dalam membantu mencapai kestabilan kadar glukosa darah pada pasien Diabetes Melitus. Pelaksanaan tindakan ini perlu dilakukan sesuai standar operasional prosedur serta disertai pemantauan dan evaluasi keperawatan secara berkesinambungan.

Kata kunci: diabetes melitus, kolaborasi pemberian insulin, kestabilan kadar glukosa darah

## ABSTRACT

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*Implementation of Collaborative Insulin Administration in Patients with Diabetes Mellitus with Stable Blood Glucose Levels at RSD Kalisat.*

ix + 48 pages + 15 tables + 8 appendices

### Abstract

**Background:** Diabetes Mellitus is a chronic metabolic disease characterized by impaired insulin production and/or insulin action, resulting in unstable blood glucose levels. Poorly controlled blood glucose instability may increase the risk of both acute and chronic complications. Therefore, appropriate management is required, one of which is the collaborative implementation of insulin administration as part of nursing care to help achieve stable blood glucose levels in patients with Diabetes Mellitus. **Objective:** To describe the collaborative implementation of insulin administration in patients with Diabetes Mellitus experiencing unstable blood glucose levels at Kalisat Regional Hospital. **Methods:** This study used a case study method with a nursing care approach focused on the collaborative implementation stage. Data were collected through history taking, physical examination, observation of insulin administration according to standard operating procedures, review of blood glucose examination results, and patient medical records. **Results:** The nursing care results showed that after the collaborative implementation of insulin administration according to the medical treatment plan and regular monitoring of blood glucose levels, the patient's blood glucose levels tended to decrease toward values below 200 mg/dL. In addition, signs and symptoms associated with unstable blood glucose levels were reduced, and the patient's overall condition improved during hospitalization. **Conclusion:** The findings of this scientific paper indicate that the collaborative implementation of insulin administration plays an important role in helping achieve stable blood glucose levels in patients with Diabetes Mellitus. This intervention should be carried out in accordance with standard operating procedures and accompanied by continuous nursing monitoring and evaluation.

**Keywords:** diabetes mellitus, collaborative insulin administration, blood glucose stability