

ABSTRAK

UNIVERSITAS MUHAMMADIYAH JEMBER
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Asuhan Keperawatan Pada Pasien Diabetes Mellitus Tipe 2 Dengan Penerapan *Hydrotherapy* (Minum Air Hangat) Untuk Mengontrol Kadar Glukosa Darah Di Ruang Lavender Rs Dr. Soebandi Jember

Xvii + 68 halaman + 13 tabel + 1 bagan + 1 gambar + 6 lampiran

ABSTRAK

Latar Belakang : Diabetes Melitus tipe 2 merupakan penyakit metabolik kronis yang ditandai hiperglikemia akibat resistensi dan gangguan sekresi insulin, sehingga memerlukan pengendalian glukosa yang komprehensif. Intervensi komplementer seperti *hydrotherapy* (minum air hangat) berpotensi mendukung terapi melalui peningkatan hidrasi, metabolisme, dan ekskresi glukosa. Penelitian ini bertujuan menganalisis penerapan *hydrotherapy* dalam asuhan keperawatan pasien DM tipe 2 di Ruang Lavender RS dr. Soebandi Jember. **Metode :** Metode yang digunakan adalah studi kasus deskriptif pada tiga pasien dengan intervensi pemberian air hangat 500 ml setiap pagi selama 3 hari, disertai monitoring GDS, edukasi, dan terapi medis. **Hasil :** menunjukkan penurunan kadar glukosa darah dari rentang awal 284–310 mg/dl disertai perbaikan gejala klinis seperti pusing, lemas, dan poliuria. Secara fisiologis, *hydrotherapy* berkontribusi melalui pengenceran glukosa plasma dan peningkatan ekskresi renal. Namun, efek ini dipengaruhi terapi farmakologis dan faktor gaya hidup, sehingga berperan sebagai terapi adjuvan. **Kesimpulan :** bahwa *hydrotherapy* efektif sebagai intervensi pendukung, namun diperlukan penelitian eksperimental untuk memperkuat evidens.

Kata kunci: Diabetes Melitus tipe 2, *hydrotherapy*, minum air hangat, kadar glukosa darah, asuhan keperawatan.

ABSTRACT

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Nursing Care for Patients with Type 2 Diabetes Mellitus Through the Implementation of Hydrotherapy (Warm Water Drinking) to Control Blood Glucose Levels in the Lavender Ward of Dr. Soebandi Regional Hospital, Jember

Xvii + 68 page + 13 tables + 1 chart + 1 image + 6 appendices

ABSTRACT

Background : Type 2 diabetes mellitus is a chronic metabolic disease characterized by hyperglycemia resulting from insulin resistance and impaired insulin secretion, this requiring comprehensive glucose control. Complementary interventions such as hydrotherapy (drinking warm water) have the potential to support treatment by improving hydration, metabolism, and glucose excretion. This study aims to analyze the application of hydrotherapy in the nursing care of patients with type 2 diabetes in the Lavender Ward at Dr. Soebandi Hospital in Jember. **Method :** The method used was a descriptive case study involving three patients who received an intervention of 500 ml of warm water every morning for 3 days, accompanied by GDS monitoring, education, and medical therapy. **Results:** showed a decrease in blood glucose levels from the initial range of 284–310 mg/dl, accompanied by improvement in clinical symptoms such as dizziness, weakness, and polyuria. Physiologically, hydrotherapy contributes by diluting plasma glucose and increasing renal excretion. However, these effects are influenced by pharmacological therapy and lifestyle factors, thus serving as an adjuvant therapy. **Conclusion:** Hydrotherapy is effective as a supportive intervention; however, experimental research is needed to strengthen the evidence.

Keywords: type 2 Diabetes Mellitus, hydrotherapy, warm water, blood glucose, nursing care.