

ABSTRAK

Latar belakang Diabetes Melitus (DM) tipe 2 merupakan penyakit metabolik kronis yang angka kejadiannya terus meningkat di tingkat nasional maupun daerah. Pada penderita DM tipe 2, resistensi insulin mengganggu efektivitas sel dalam menggunakan glukosa sehingga produksi energi (ATP) menurun. Akibatnya, pasien sering mengalami kelemahan fisik yang bermanifestasi sebagai masalah intoleransi aktivitas, yang dapat membatasi kemandirian pasien dalam memenuhi kebutuhan sehari-hari. **Tujuan** Penelitian ini bertujuan untuk melaksanakan asuhan keperawatan secara komprehensif pada Ny. H dengan diagnosis Diabetes Melitus Tipe 2 fokus pada masalah keperawatan intoleransi aktivitas di Ruang Penyakit Dalam RSUD Tgk Chik Ditiro Sigli, Kabupaten Pidie. **Metode** yang digunakan adalah deskriptif dengan pendekatan studi kasus. Pengumpulan data dilakukan melalui wawancara, observasi, pemeriksaan fisik, dan studi dokumentasi selama tiga hari masa perawatan (14–16 Mei 2026). Proses keperawatan dilakukan secara terstruktur mulai dari pengkajian, diagnosis keperawatan, intervensi, implementasi, dan evaluasi. **Hasil** Berdasarkan hasil pengkajian, ditemukan tiga diagnosis keperawatan prioritas, yaitu nyeri akut, intoleransi aktivitas, dan ketidakstabilan kadar gula darah. Intervensi utama untuk mengatasi intoleransi aktivitas berfokus pada manajemen energi, pemantauan respons fisiologis (tanda-tanda vital) sebelum dan sesudah aktivitas, serta bimbingan aktivitas fisik ringan (mobilisasi) secara bertahap. Setelah dilakukan tindakan keperawatan selama 3×24 jam, masalah intoleransi aktivitas teratasi sebagian. Evaluasi akhir menunjukkan keluhan lemas berkurang, pasien tampak lebih bertenaga, dan mampu melakukan aktivitas ringan secara mandiri tanpa disertai keluhan sesak atau pusing. **Kesimpulan:** Pendekatan asuhan keperawatan melalui manajemen energi dan latihan aktivitas bertahap efektif meningkatkan toleransi aktivitas pada pasien DM tipe 2. Perawat perlu mengoptimalkan edukasi mengenai keseimbangan aktivitas dan istirahat untuk meningkatkan kualitas hidup pasien.

Kata Kunci : Diabetes Melitus Tipe 2, Asuhan Keperawatan, Intoleransi Aktivitas, Manajemen Energi.

ABSTRACT

Background: Type 2 Diabetes Mellitus (T2DM) is a chronic metabolic disease with a continuously increasing prevalence at both national and regional levels. In T2DM patients, insulin resistance impairs the cells' ability to utilize glucose effectively, resulting in decreased energy production (ATP). Consequently, patients frequently experience physical weakness manifested as activity intolerance, which limits their independence in performing daily living activities. **The purpose** This study aims to provide comprehensive nursing care for Mrs. H with Type 2 Diabetes Mellitus focusing on the nursing problem of activity intolerance in the Internal Medicine Ward of RSUD Tgk Chik Ditiro Sigli, Pidie Regency. **The method** The method used was descriptive with a case study approach. Data collection involved interviews, observation, physical examination, and documentation studies during a three-day hospitalization period (May 14–16, 2026). The nursing process was delivered structurally, ranging from assessment to evaluation. **The results** Based on the assessment, three priority nursing diagnoses were established: acute pain, activity intolerance, and unstable blood glucose levels. The primary interventions for activity intolerance focused on energy management, monitoring physiological responses (vital signs) pre- and post-activity, and guiding gradual light physical activities (mobilization). Following 3×24 hours of nursing implementations, the problem of activity intolerance was partially resolved. The final evaluation showed decreased complaints of weakness, the patient appeared more energized, and was capable of performing light activities independently without experiencing shortness of breath or dizziness. **The conclusion** The nursing care approach using energy management and gradual activity training proved effective in improving the physical tolerance of T2DM patients. Nurses are suggested to optimize health education regarding the importance of a balance between physical activity and rest to enhance the patient's quality of life. **The recommendations** Nurses are suggested to optimize health education regarding the importance of a balance between physical activity and rest to enhance the patient's quality of life."

Keywords: Type 2 Diabetes Mellitus, Nursing Care, Activity Intolerance, Energy Management.