

ABSTRAK

Diabetes Melitus merupakan penyakit menahun yang dapat diderita seumur hidup. Diabetes memiliki 2 tipe yakni diabetes mellitus tipe 1 yang merupakan hasil dari reaksi autoimun terhadap protein sel pulau pankreas, dan diabetes tipe 2 yang mana disebabkan oleh kombinasi faktor genetic yang berhubungan dengan 3 gangguan sekresi insulin, resistensi insulin, dan faktor lingkungan seperti obesitas, makan berlebihan, kurang makan, olahraga, stres, dan penuaan. Jumlah data diabetes mellitus yang di rawat dirumah sakit Tgk Chik Ditiro Sigli, berjumlah 115 kasus, periode 1 januari sampai dengan tanggal 10 juni 2024. Tujuan studi kasus ini dapat menerapkan asuhan keperawatan pada pasien dengan diabetes mellitus di ruang rawat penyakit dalam RSUD Tgk Chiek Ditiro Sigli. Metode yang digunakan metode deskriptif dalam bentuk studi kasus dengan pendekatan asuhan keperawatan, yang meliputi pengkajian, diagnose keperawatan, perencanaan, pelaksanaan, dan evaluasi. Studi kasus dilaksanakan mulai senin tanggal 10 juni sampai dengan 12 juni 2024. Hasil asuhan keperawatan berdasarkan pengkajian dilakukan diagnosa nyeri akut b/d agen pencedera fisik, gangguan integritas kulit b/d neuropati perifer, ketidakstabilan kadar glukosa darah b/d resistensi insulin; Direncanakan intervensi dilakukan implementasi dan evaluasi. Hasil evaluasi didapatkan nyeri berkurang, luka tampak kering, kadar glukosa darah terkontrol. Kesimpulan asuhan keperawatan mulai pengkajian, diagnosis keperawatan, perencanaan, pelaksanaan, dan evaluasi dan sudah dilakukan, evaluasi tindakan selama tiga hari di rumah sakit secara keseluruhan sudah tercapai di hari rawatan ke tiga. Disarankan bagi peneliti selanjutnya, hasil penelitian ini bisa di jadikan data dan pembandingan bagi mahasiswa keperawatan untuk melakukan penelitian tentang asuhan keperawatan pada pasien diabetes mellitus selanjutnya.

Kata kunci: asuhan keperawatan, ulkus diabetikum, Diabetes melitus

Abstract

Diabetes Mellitus is a chronic disease that can be suffered throughout life. Diabetes has 2 types, namely type 1 diabetes mellitus which is the result of an autoimmune reaction to pancreatic islet cell proteins, and type 2 diabetes which is caused by a combination of genetic factors related to 3 disorders of insulin secretion, insulin resistance, and environmental factors such as obesity, overeating, undereating, exercise, stress, and aging. The number of diabetes mellitus data treated at the Tgk Chik Ditiro Sigli Hospital, amounted to 115 cases, from January 1 to June 10, 2024. The purpose of this case study is to apply nursing care to patients with diabetes mellitus in the internal medicine ward of the Tgk Chiek Ditiro Sigli Hospital. The method used is a descriptive method in the form of a case study with a nursing care approach, which includes assessment, nursing diagnosis, planning, implementation, and evaluation. The case study was conducted from Monday, June 10 to June 12, 2024. The results of nursing care based on the assessment were diagnosed with acute pain related to physical injury agents, impaired skin integrity related to peripheral neuropathy, unstable blood glucose levels related to insulin resistance; The intervention was planned to be implemented and evaluated. The evaluation results showed reduced pain, the wound looked dry, and blood glucose levels were controlled. The conclusion of nursing care starting from assessment, nursing diagnosis, planning, implementation, and evaluation has been carried out, the evaluation of actions for three days in the hospital as a whole has been achieved on the third day of treatment. It is recommended for further researchers, the results of this study can be used as data and comparison for nursing students to conduct research on nursing care for patients with diabetes mellitus.

Keywords: nursing care, diabetic ulcers, Diabetes mellitus