

## ABSTRAK

### **Asuhan Keperawatan Pada Pasien Ny. M. P dengan Diagnosa Medis Diabetes Melitus (DM) Di Ruang Penyakit Dalam (RPD) I, II**

**Putri Ayu Dwiningsih Saokori <sup>1</sup>, Try Ayu Patmawati <sup>2</sup>, Anatolia K. Doondori <sup>3</sup>**

Diabetes melitus (DM) merupakan penyakit penyebab kematian terbanyak di dunia yang berada di urutan ke enam. Berdasarkan data *International Diabetes Federation* (2022) dalam (Sutomo et al 2023), dilaporkan bahwa 537 juta orang dewasa (20-79 tahun) hidup dengan diabetes di seluruh dunia. Jumlah ini diperkirakan akan meningkat menjadi 643 juta (1 dari 9 orang dewasa) pada tahun 2030 dan 784 juta (1 dari 8 orang dewasa) pada tahun 2045.

Tujuan studi kasus ini adalah menggambarkan asuhan keperawatan pada Ny. M. P dengan diagnosa medis Diabetes Melitus di RPD I, II RSUD Ende.

Metode yang digunakan dalam karya tulis ilmiah ini adalah studi kasus dengan pendekatan asuhan keperawatan yang meliputi pengkajian, diagnosa, perencanaan, implementasi, dan evaluasi keperawatan.

Hasil studi kasus pada pengkajian Ny. M. P ditemukan mengeluh lemah, pusing, aktivitasnya dibantu, makan 3 kali dalam sehari dengan 2 porsi banyak. Kebiasaan mengonsumsi makanan dan minuman yang manis-manis, pasien tidak mengetahui makanan seperti apa yang harus dihindari, sering haus dan banyak minum, berat badan menurun, dari 68 kg sampai 43 kg. Saat sakit : sering merasa lapar IMT :17,91 (Berat badan kurang), terpasang kateter produksi urin >2000 ml dan berwarna keruh. Saat Sakit : tampak lemah dan berbaring di tempat tidur rumah sakit, aktivitas tampak dibantu, Hasil lab:,Gula Darah Sewaktu (GDS): 325 mg/dl. Masalah keperawatan Ny M. P yaitu ketidakstabilan kadar glukosa darah berhubungan dengan resistensi insulin,defisit nutrisi berhubungan dengan ketidakmampuan mengabsorbsi nutrisi, intoleransi aktivitas berhubungan dengan kelemahan,defisit pengetahuan berhubungan dengan kurang terpapar informasi.

Adapun kesenjangan antara kasus nyata dan teori dimana pada kasus nyata tidak ditemukan masalah hipovolemia, nyeri kronis, gangguan pola tidur, resiko perfusi perifer tidak efektif,resiko infeksi sedangkan pada teori tidak ditemukan defisit pengetahuan

**Kata kunci : Asuhan Keperawatan, Diabetes Melitus**

**Kepustakaan : 21 buah (2020-2025)**

**Keterangan :**

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## **ABSTRACT**

### **Scientific Paper Nursing Care for Patient Mrs. M. P with a Medical Diagnosis of Diabetes Mellitus (DM) in the Internal Medicine Room (RPD) I, II**

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Diabetes mellitus (DM) is the sixth leading cause of death in the world. Based on data from the International Diabetes Federation (2022) in (Sutomo et al 2023), it is reported that 537 million adults (20-79 years) are living with diabetes worldwide. This number is expected to increase to 643 million (1 in 9 adults) by 2030 and 784 million (1 in 8 adults) by 2045.

The purpose of this case study is to describe nursing care for Mrs. M. P with a medical diagnosis of Diabetes Mellitus at RPD I, II Ende Hospital.

The method used in this scientific paper is a case study with a nursing approach that includes assessment, diagnosis, planning, implementation, and nursing evaluation.

The results of the case study on the assessment of Mrs. M. P found the patient said the patient complained that her body was weak, dizzy and while in the hospital her activities were assisted by family. Before getting sick, the patient said she ate 3 times a day with 2 large portions. The patient also has a habit of consuming sweet foods and drinks. The patient also said he did not know what kind of food to avoid. The patient also said he was often thirsty and drank a lot. The patient also said that he experienced a very drastic weight loss, in 2023 the patient's weight was 68 kg and in 2025 the patient's weight was 43 kg. During illness: The patient said that he often felt hungry BMI: 17.91 (Underweight). At the time of illness, the patient was attached to a catheter, the volume of urine output was >2000 ml and cloudy in color. At the time of illness: The patient looked weak and lay on the hospital bed, eating and drinking were assisted by the family, toileting through the catheter tube, wiping the body, dressing, moving was assisted by the patient's biological child. Lab results:,Current Blood Sugar (GDS): 325 mg/dl. Mrs. M. P's nursing problems are instability of blood glucose levels related to insulin resistance, nutritional deficits related to the inability to absorb nutrients, activity intolerance related to weakness, knowledge deficits related to lack of exposure to information.

The gap between real cases and theories where in real cases there are no problems of hypovolemia, chronic pain, disturbed sleep patterns, risk of ineffective peripheral perfusion, risk of infection while in theory there is no knowledge deficit

**Keywords : Nursing Care, Diabetes Mellitus**

**Literature: 21 pieces (2020-2025)**

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