

**ASUHAN KEPERAWATAN DIABETES MELITUS TIPE II DENGAN
MASALAH GANGGUAN KETIDAKSTABILAN GULA DARAH
MELALUI PENERAPAN SENAM KAKI DIABETIK DAN
EDUKASI DIIT DI KEL. KRAMAT PELA
JAKARTA SELATAN**

Sri Lestari

Abstrak

Latar Belakang: Diabetes melitus (DM Tipe 2) merupakan penyakit yang sering kali disebabkan oleh kecenderungan genetik serta pilihan gaya hidup yang berbahaya seperti obesitas, kurang aktivitas, dan kebiasaan makan yang buruk. **Tujuan:** untuk memastikan bagaimana asuhan keperawatan, implementasi keperawatan, dan penilaian keperawatan diterapkan. **Metode:** Dengan menggunakan metode studi kasus, penelitian ini bersifat deskriptif. Satu pasien dewasa dengan diabetes mellitus tipe 2 menjadi partisipan dalam penelitian ini. **Hasil:** Ketidakstabilan glukosa darah b.d hiperglikemia, Perfusi perifer yang tidak efektif b.d kurangnya aktivitas fisik, dan defisit pengetahuan b.d Kekeliruan Mengikuti Anjuran, merupakan masalah keperawatan yang terjadi pada beberapa kasus, setelah dilakukan tiga kali intervensi keperawatan selama 24 jam, seluruh diagnosa keperawatan dievaluasi dan hasil yang diperoleh telah sesuai dengan kriteria hasil yang telah ditetapkan. **Kesimpulan:** Senam kaki diabetik dan Edukasi Mengenai Diet DM, Pasien Mampu Menerapkan Diet DM dengan baik selama 3 Hari Di dapatkan Penurunan Gula darah yang baik.

Kata Kunci: DM Tipe 2, Senam Kaki Diabetik

**CASE STUDY: NURSING CARE FOR TYPE II DIABETES MELLITUS WITH
THE PROBLEM OF BLOOD SUGAR INSTABILITY DISORDER THROUGH
THE IMPLEMENTATION OF DIABETIC FOOT EXERCISES AND DIET
EDUCATION AT KEL. KRAMAT PELA SOUTH JAKARTA**

Sri Lestari

Abstract

Background: Diabetes melitus (Type 2 DM) is a type of disease that is often caused by genetic predisposition as well as dangerous lifestyle choices such as obesity, lack of activity, and poor eating habits. **Objective:** to ensure how to maintain, implement, and maintain treatment assessment is applied. Method: Using the case study method, this research is descriptive in nature. One adult patient with type 2 diabetes mellitus was a participant in this study. **Results:** Blood glucose instability b.d hyperglycemia, ineffective peripheral perfusion b.d inhibiting physical activity, and knowledge deficit b.d Error following recommendations, is a closure problem that occurs in several cases, after three closure interventions were carried out within 24 hours, all obstructing diagnoses were evaluated and The results obtained are in accordance with the established results criteria. **Conclusion:** Diabetic foot exercises and education regarding the DM diet, the patient was able to apply the DM diet well for 3 days and achieved a good reduction in blood sugar.

Keywords:DM type 2, Diabetic Foot Exercises