

PENERAPAN *FIVE COMPONENTS OF DIABETES CONTROL* TERHADAP STATUS HIPERGLIKEMIA PASIEN DIABETES MELITUS TIPE 2 DI RSUD TARAKAN: *CASE STUDY*

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ABSTRAK

Latar belakang: Diabetes melitus tipe 2 merupakan penyakit degeneratif yang menyebabkan resistensi insulin yang angkanya semakin meningkat, terutama di DKI Jakarta. *Five components of diabetes control* sama dengan program pemerintah yaitu lima pilar diabetes melitus dalam mengontrol diabetes. **Tujuan:** Mengetahui keberhasilan penerapan *five components of diabetes control* terhadap status hiperglikemia pasien diabetes melitus tipe 2 dengan masalah ketidakstabilan kadar glukosa darah. **Metode:** Bersifat deskriptif *single case study* di RSUD Tarakan Jakarta, dengan teknik *purposive sampling* pada kriteria pasien diabetes usia dewasa, keadaan *compos mentis*, dan minimal 3 hari rawat. Pengumpulan data dengan cara wawancara, observasi, pemeriksaan fisik, dan dokumentasi. *Five components of diabetes control* dilakukan untuk menilai status hiperglikemia meliputi pengetahuan, keterampilan dan kadar glukosa darah. **Hasil:** GDS pasien 314 mg/dL, keluhan sesak napas, batuk, dahak sulit keluar, rasa mual, dan nyeri pada luka post CABG, ditemukan masalah keperawatan yaitu kebersihan jalan nafas tidak efektif, ketidakstabilan kadar glukosa darah, dan nyeri akut. Implementasi berhasil keluhan sesak dan dahak sulit keluar tidak ada, gula darah kembali normal dari 314 menjadi 143 mg/dL, pengetahuan diabetes melitus serta kemampuan meningkat dari 40% menjadi 90% dan Tn. M dapat melakukan senam kaki diabetes. **Kesimpulan:** Terdapat pengaruh dari penerapan *five components of diabetes control* terhadap status hiperglikemia yang meliputi pengetahuan, keterampilan, dan kadar glukosa darah. Perawat dan penderita diabetes diharapkan untuk dapat mengoptimalkan kelima komponen dalam mengontrol gula darah bagi penderita diabetes melitus tipe 2.

Kata Kunci: Diabetes Melitus Tipe 2, *Five Components Of Diabetes Control*, *Single Case Study*, Status Hiperglikemia.

IMPLEMENTATION OF FIVE COMPONENTS OF DIABETES CONTROL TOWARDS HYPERGLYCEMIA STATUS OF TYPE 2 DIABETES MELLITUS PATIENTS AT TARAKAN HOSPITAL: CASE STUDY

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ABSTRACT

Background: Type 2 diabetes mellitus is a degenerative disease that causes insulin resistance, which is increasing, especially in DKI Jakarta. Five components of diabetes control is the same as the government program, namely the five pillars of diabetes mellitus in controlling diabetes. **Purpose:** Knowing the success of the application of five components of diabetes control on the hyperglycemia status of type 2 diabetes mellitus patients with the problem of instability of blood glucose levels. **Method:** Descriptive single case study at RSUD Tarakan Jakarta, with purposive sampling technique on the criteria of adult diabetes patients, compos mentis, and at least 3 days of hospitalization. Data collection by interview, observation, physical examination, and documentation. Five components of diabetes control were performed to assess hyperglycemia status including knowledge, skills and blood glucose levels. **Results:** The patient's GDS was 314 mg/dL, complaints of shortness of breath, coughing, difficult sputum discharge, nausea, and pain in the post CABG wound, found nursing problems namely ineffective airway hygiene, instability of blood glucose levels, and acute pain. Successful implementation of complaints of shortness of breath and difficult sputum discharge does not exist, blood sugar returns to normal from 314 to 143 mg/dL, diabetes mellitus knowledge and abilities increase from 40% to 90% and Mr. M can perform diabetic foot exercises. Mr. M can do diabetic foot exercises. **Conclusion:** There is an effect of the application of the five components of diabetes control on hyperglycemia status which includes knowledge, skills, and blood glucose levels. Nurses are expected to be able to optimize the five components in controlling blood sugar for people with type 2 diabetes mellitus.

Keywords: Diabetes Mellitus Type 2, Five components of diabetes control, Hyperglycemia status, Single Case Study.