

OPTIMALISASI INTERVENSI 5 PILAR PENGELOLAAN DIABETES MELITUS BERBASIS *SELF-MANAGEMENT* PADA PASIEN DENGAN MASALAH KETIDAKSTABILAN KADAR GLUKOSA DARAH DI RSUD PASAR MINGGU

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Abstrak

Latar Belakang: Diabetes melitus ialah kondisi kronis, dimana pankreas tidak bisa memproduksi insulin dengan optimal. Penanganan Diabetes Melitus dikelompokkan dalam 5 pilar pengelolaan diabetes tertulis dalam kebijakan Menteri Kesehatan. Metode: Metode penelitian memakai studi kasus deskriptif melalui proses asuhan keperawatan pasien Diabetes Melitus. Data diperoleh dengan wawancara, pemeriksaan fisik, observasi, lalu dokumentasi kemudian diimplementasikan dalam proses asuhan keperawatan. Hasil: Hasil penelitian ini didapat masalah keperawatan yakni ketidakstabilan kadar glukosa darah, nausea, intoleransi aktivitas dan ketidakpatuhan. Pelaksanaannya berdasar pada rencana asuhan keperawatan yang sudah dirancang, dengan penekanan pada intervensi 5 pilar pengelolaan diabetes melitus berbasis *self-management* guna membantu menstabilkan kadar glukosa darah pasien. Pelaksanaan intervensi tersebut dibuktikan berhasil, dimana kadar glukosa darah pasien 265 mg/dl turun hingga 156 mg/dl. Kesimpulan: Implementasi keperawatan pada Tn. H dengan Diabetes Melitus berhasil mencapai tujuan dan kriteria yang diharapkan. Selain itu, optimalisasi intervensi 5 pilar pengelolaan diabetes berpengaruh terhadap pengetahuan, keterampilan, dan kadar glukosa darah. Saran: Diharapkan mampu berguna untuk pasien, keluarga, fasilitas kesehatan, serta penulis dalam mendukung upaya pengelolaan diabetes melitus.

Kata Kunci: 5 Pilar Pengelolaan Diabetes Melitus

OPTIMIZING THE 5-PILLAR INTERVENTION OF DIABETES MELLITUS MANAGEMENT BASED ON SELF-MANAGEMENT IN PATIENTS WITH BLOOD GLUCOSE INSTABILITY AT PASAR MINGGU REGIONAL HOSPITAL

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Abstract

Background: Diabetes mellitus is a chronic condition, in which the pancreas cannot produce insulin optimally. The management of Diabetes Mellitus is grouped into 5 pillars of diabetes management written in the policy of the Minister of Health. *Method:* The research method uses descriptive case study research through the nursing care process of Diabetes Mellitus patients. Data were obtained through interviews, physical examinations, observations, and documentation, then implemented in the nursing care process. *Results:* The results of this study obtained nursing problems, namely unstable blood glucose levels, nausea, activity intolerance and non-compliance. The implementation is based on a nursing care plan that has been designed, with an emphasis on self-management-based 5 pillars of diabetes mellitus management interventions to help stabilize the patient's blood glucose levels. The implementation of the intervention was proven successful, where the patient's blood glucose level of 265 mg/dl decreased to 156 mg/dl. *Conclusion:* The implementation of nursing care for Mr. H with Diabetes Mellitus successfully achieved the expected goals and criteria. In addition, optimization of the 5 pillars of diabetes management interventions affected knowledge, skills, and blood glucose levels. *Suggestion:* It is hoped that it will be useful for patients, families, health facilities, and authors in supporting efforts to manage diabetes mellitus.

Keywords: 5 Pillars of Diabetes Mellitus Management