

ASUHAN KEPERAWATAN KELUARGA NY.S DENGAN DIABETES MELITUS DI RT 007 RW 06 PANCORAN MAS KOTA DEPOK

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Abstrak

Diabetes mellitus merupakan penyakit tidak menular yang sering dijumpai pada lansia, disebabkan oleh proses penuaan, gaya hidup, dan penurunan fungsi tubuh. Diabetes yang tidak terkontrol dapat menimbulkan komplikasi serius seperti penyakit jantung, gangguan ginjal, kerusakan saraf, bahkan kematian. Karya tulis ilmiah bertujuan memberikan gambaran perawatan keperawatan keluarga bagi Ny. S yang menderita diabetes mellitus di RT 007 RW 06, Kelurahan Pancoran Mas, Kota Depok. Metode yang digunakan adalah studi kasus dengan pendekatan perawatan keperawatan keluarga yang meliputi penilaian, diagnosis, perencanaan, pelaksanaan, dan evaluasi. Teknik pengumpulan data dilakukan melalui wawancara, observasi, pemeriksaan fisik, dan dokumentasi sistematis. Hasil penilaian menunjukkan diagnosis keperawatan berupa pemeliharaan kesehatan tidak efektif dan risiko kadar glukosa darah tidak stabil. Setelah dilakukan intervensi berupa edukasi tentang diabetes, bimbingan pola makan sehat, peningkatan aktivitas fisik, dan anjuran pemeriksaan rutin, terjadi peningkatan pengetahuan dan kemampuan keluarga dalam merawat anggota keluarga dengan diabetes. Ny. S dan keluarga mulai menerapkan gaya hidup sehat dan mematuhi pemeriksaan kesehatan rutin bulanan. Hasil penelitian menunjukkan masalah keperawatan yang dialami Ny. S dapat diatasi dengan asuhan keperawatan yang tepat dan dukungan keluarga. Implikasi penelitian ini adalah asuhan keperawatan berpusat pada keluarga dapat meningkatkan kemampuan keluarga mengelola diabetes secara mandiri dan mencegah komplikasi.

Kata Kunci: Diabetes Melitus, Perawatan Keluarga, Lansia

FAMILY NURSING CARE FOR MRS. S WITH DIABETES MELLITUS IN THE REGION OF RT 07 RW 06 PANCORAN MAS, DEPOK CITY

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Abstract

Diabetes mellitus remains one of the most prevalent chronic non-communicable diseases affecting the elderly population. The occurrence of this condition is closely associated with age-related physiological changes, unhealthy lifestyle patterns, and a gradual decline in body functions. When not adequately controlled, diabetes mellitus may result in various severe complications, such as cardiovascular disorders, renal impairment, neuropathic conditions, and increased mortality risk. This scientific paper was conducted to describe the provision of family nursing care for Mrs. S, a patient with diabetes mellitus residing in RT 007 RW 06, Pancoran Mas, Depok City. A case study method was applied using the family nursing process, which included assessment, nursing diagnosis, care planning, implementation, and evaluation stages. Data collection was carried out systematically through interviews, direct observation, physical assessment, and review of relevant documentation. The assessment process revealed two primary nursing problems, namely ineffective health management and the risk of unstable blood glucose levels. Nursing interventions focused on providing education about diabetes management, encouraging appropriate dietary practices, promoting Tai Chi exercise as a form of physical activity, and emphasizing the importance of regular health monitoring. Following the implementation of these interventions, positive changes were observed in both the family's understanding and their ability to manage diabetes care. Mrs. S and her family demonstrated greater commitment to adopting healthier behaviors, regulating dietary intake, and attending routine monthly health examinations. Evaluation findings showed that the identified nursing problems were successfully managed through appropriate nursing interventions combined with active family involvement and support. These results highlight the significant contribution of family nursing care in strengthening family self-reliance in diabetes management, improving health-related behaviors, and reducing the risk of future complications.

Keywords : *Diabetes Melitus, Elderly, Family Nursing Care*