

ABSTRAK

Asuhan Keperawatan Keluarga pada Klien Diabetes Melitus dengan Ketidakstabilan Kadar Glukosa Darah dengan Pemberian Terapi Rebusan Daun Sirsak di Wilayah Kerja Puskesmas Tambak Wedi Surabaya

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Tanaman sirsak (*Annona Murica L.*) merupakan tanaman obat yang mengandung *flavonoid*, *tannin*, dan *alkaloid* dengan sifat antidiabetik serta antioksidan yang berperan dalam menurunkan kadar glukosa darah pada klien diabetes melitus (DM). penelitian ini bertujuan untuk mengetahui gambaran asuhan keperawatan keluarga pada klien DM dengan ketidakstabilan kadar glukosa darah dengan pemberian terapi komplementer rebusan daun sirsak.

Desain penelitian yang digunakan adalah studi kasus dengan pendekatan asuhan keperawatan keluarga. Subjek penelitian terdiri dari dua keluarga yang memiliki anggota dengan DM di wilayah kerja Puskesmas Tambak Wedi Surabaya. Pengumpulan data dilakukan menggunakan format asuhan keperawatan keluarga Prodi Pendidikan Profesi Ners dan lembar observasi pengukuran glukosa darah acak (GDA), kemudian dianalisis secara deskriptif.

Hasil asuhan keperawatan pada 2 keluarga menunjukkan penurunan GDA setelah tujuh hari pemberian terapi, yaitu 35 mg/dL, dengan GDA akhir masing-masing 247 mg/dL dan 193 mg/dL. Sehingga masalah keperawatan ketidakstabilan kadar glukosa darah klien 1 belum teratasi dan klien 2 teratasi.

Dapat disimpulkan bahwa terapi ini efektif dalam menstabilkan kadar glukosa darah dan berpotensi menjadi terapi komplementer dalam asuhan keperawatan keluarga pada klien DM.

Kata Kunci: Asuhan Keperawatan Keluarga, Daun Sirsak (*Annona Muricata L.*), Kadar glukosa darah, Diabetes melitus (DM)

ABSTRACT

Family Nursing Care for Diabetes Mellitus Clients with Blood Glucose Instability through the Administration of Soursop Leaf Decoction Therapy in the Working Area of Puskesmas Tambak Wedi Surabaya

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Soursop (*Annona muricata L.*) was a medicinal plant containing *flavonoids*, *tannins*, and *alkaloids* with antidiabetic and antioxidant properties that played a role in reducing blood glucose levels in clients with diabetes mellitus (DM). This study aimed to describe family nursing care for clients with DM who experienced blood glucose instability through the implementation of complementary soursop leaf decoction therapy.

The research design used was a case study with a family nursing care approach. The subjects consisted of two families who had members with DM in the working area of Tambak Wedi Public Health Center, Surabaya. Data were collected using the Family Nursing Care format from the Nursing Professional Education Program and observation sheets for random blood glucose (RBG) measurements, then analyzed descriptively.

The results of nursing care showed a decrease in RBG levels after seven days of therapy, with a reduction of 35 mg/dL and final RBG levels of 247 mg/dL and 193 mg/dL, respectively. The nursing problem of blood glucose instability in Client 1 was partially resolved, while in Client 2 it was resolved.

It was concluded that soursop leaf decoction therapy was effective in stabilizing blood glucose levels and had the potential to serve as a complementary intervention in family nursing care for clients with diabetes mellitus.

Keywords: Nursing Care, Soursop Leaves (*Annona muricata L.*), Blood Glucose Levels, Diabetes Mellitus (DM), Family