

ABSTRAK

ASUHAN KEPERAWATAN KETIDAKSTABILAN KADAR GLUKOSA DARAH PADA PASIEN DIABETES MELITUS DENGAN PENERAPAN TEKNIK RELAKSASI AUTOGENIK DI RUANG SHOFA 3 RSUD HAJI PROVINSI JAWA TIMUR

Kasus penyakit tidak menular kini terus mengalami peningkatan yang cukup mengkhawatirkan. Salah satu di antaranya adalah diabetes melitus, yaitu gangguan yang berkaitan dengan sistem endokrin. Penderita diabetes sering menghadapi kondisi kadar gula darah yang tidak stabil, bisa terlalu tinggi (hiperglikemia) atau terlalu rendah (hipoglikemia). Melalui penelitian ini, penulis berupaya memahami sekaligus menggambarkan bagaimana bentuk perhatian dan asuhan keperawatan yang diberikan kepada pasien yang mengalami kadar glukosa darah tidak stabil, khususnya mereka yang mengalami hiperglikemia akibat diabetes melitus melalui terapi relaksasi autogenik di Ruang Shofa 3 RSUD Haji Provinsi Jawa Timur.

Rancangan studi kasus ini menggunakan pendekatan penelitian deskriptif. Subjek penelitian melibatkan dua orang pasien, dengan pelaksanaan pengamatan selama tiga hari yang dilakukan dua kali dalam sehari, yakni pada pagi dan sore hari. Data dikumpulkan melalui wawancara, observasi langsung, serta pemeriksaan fisik. Adapun instrumen yang digunakan dalam pengumpulan data ialah format asuhan keperawatan medikal bedah yang telah disesuaikan dengan pedoman yang berlaku di Program Studi Profesi Ners Poltekkes Kemenkes Surabaya.

Setelah dilakukan intervensi terapi relaksasi autogenik selama tiga hari pada klien 1 didapatkan hasil gula darah 2 JPP sebelum pemberian terapi relaksasi autogenik sebesar 210 mg/dL dan pada hari ketiga setelah pemberian terapi relaksasi autogenik menjadi 140 mg/dL sehingga mengalami penurunan 70 g/dL dengan kolaborasi pemberian insulin apidra 3x4 unit. Sedangkan pada klien 2 hasil kadar gula darah 2 JPP sebelum pemberian terapi relaksasi autogenik sebesar 305 mg/dL dan pada hari ketiga setelah pemberian terapi relaksasi autogenik menjadi 150 mg/dL sehingga mengalami penurunan 163 g/dL dengan kolaborasi pemberian insulin apidra 3x8 unit.

Teknik relaksasi autogenik menunjukkan hasil terdapat penurunan sebelum dan sesudah diberikan terapi yang dilakukan selama 3 hari dilakukan selama 2 kali pagi dan sore yakni kadar glukosa darah 2JPP klien 1 mengalami penurunan sebesar 70 mg/dL dengan kolaborasi pemberian insulin apidra 3x4 unit. Pada klien 2 kadar gula darah 2JPP mengalami penurunan sebesar 163 mg/dL dengan kolaborasi pemberian insulin apidra 3x8 unit.

Kata kunci : asuhan keperawatan, ketidakstabilan gula darah, diabetes melitus, relaksasi autogenik

ABSTRACT

NURSING CARE FOR BLOOD GLUCOSE INSTABILITY IN DIABETES MELLITUS PATIENTS THROUGH THE APPLICATION OF AUTOGENIC RELAXATION TECHNIQUE IN SHOFA 3 WARD HAJI REGIONAL GENERAL HOSPITAL EAST JAVA PROVINCE

The incidence of non-communicable diseases has shown a significant increase in recent years. One of these is diabetes mellitus, a condition that affects the endocrine system. Patients with diabetes mellitus often experience unstable blood glucose levels, either too high (hyperglycemia) or too low (hypoglycemia). This study aims to understand and describe how nursing care is provided to patients with unstable blood glucose levels, particularly those experiencing hyperglycemia due to diabetes mellitus, through the application of autogenic relaxation therapy in Shofa 3 Ward at Haji General Hospital, East Java Province.

This case study employed a descriptive research approach. The study involved two patients as subjects, with observations conducted over a period of three days, twice a day once in the morning and once in the afternoon. Data were collected through interviews, direct observation, and physical examinations. The data collection instrument used was a medical surgical nursing care format, adapted in accordance with the guidelines established by the Nursing Profession Program at Poltekkes Kemenkes Surabaya.

After a 3-day intervention of autogenic relaxation therapy for Client 1, the 2-hour postprandial (2-HPP) blood glucose level before the therapy was 210 mg/dL, and on the third day after receiving the autogenic relaxation therapy, it decreased to 140 mg/dL, showing a reduction of 70 mg/dL in collaboration with the administration of Apidra insulin at 4 units, three times a day. For Client 2, the 2-HPP blood glucose level before the autogenic relaxation therapy was 305 mg/dL, and on the third day after the therapy, it decreased to 150 mg/dL, showing a reduction of 155 mg/dL in collaboration with the administration of Apidra insulin at 8 units, three times a day.

The autogenic relaxation technique showed a decrease in blood glucose levels before and after the therapy, which was conducted over 3 days, twice daily in the morning and evening. Client 1's 2-hour postprandial (2-HPP) blood glucose level decreased by 70 mg/dL in collaboration with the administration of Apidra insulin at 4 units, three times a day. In Client 2, the 2-HPP blood glucose level decreased by 163 mg/dL in collaboration with the administration of Apidra insulin at 8 units, three times a day.

Keywords: nursing care, blood sugar instability, diabetes mellitus, autogenic relaxation.