

ABSTRAK

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ASUHAN KEPERAWATAN KETIDAKSTABILAN KADAR GLUKOSA DARAH DENGAN INTERVENSI *PROGRESSIVE MUSCLE RELAXATION* (PMR) PADA PASIEN DIABETES MELITUS TIPE 2 DI RSPAL dr. RAMELAN SURABAYA

xv + 180 Halaman + 13 Tabel + 14 Lampiran

Pasien dengan Diabetes Melitus Tipe 2 (T2DM) dapat memperoleh manfaat dari Relaksasi Otot Progresif (PMR), terapi tambahan non-farmakologis yang membantu mengontrol kadar glukosa darah. PMR dan terapi pengobatan bersama-sama dapat meningkatkan kontrol glikemik dan menurunkan risiko komplikasi terkait hiperglikemia. Tujuan studi kasus ini adalah untuk mengilustrasikan bagaimana PMR digunakan di Rumah Sakit Angkatan Laut Dr. Ramelan di Surabaya untuk memberikan perawatan keperawatan bagi pasien diabetes tipe 2 yang mengalami fluktuasi kadar glukosa darah. Dua pasien diabetes tipe 2 dimasukkan dalam penelitian ini, yang menggunakan desain studi kasus dan pendekatan proses keperawatan. Terapi yang diberikan meliputi pengelolaan hiperglikemia, melakukan latihan PMR dua kali sehari selama empat hari berturut-turut, dan minum obat sesuai petunjuk. Pasien pertama dan kedua memiliki kadar glukosa darah masing-masing 453 mg/dL dan 431 mg/dL pada saat evaluasi awal. Mereka juga mengeluhkan polifagia, polidipsia, dan kelemahan umum. Kadar glukosa darah pasien pertama turun menjadi 125 mg/dL dan pasien kedua menjadi 134 mg/dL setelah intervensi, dan kondisi klinis kedua pasien membaik. Hasil ini menunjukkan bahwa penggunaan PMR selain terapi pengobatan membantu individu dengan Diabetes Melitus Tipe 2 mempertahankan kadar glukosa darah yang stabil.

Kata kunci : Diabetes Melitus Tipe 2, Hiperglikemia, Ketidakstabilan Kadar Glukosa Darah, Progressive Muscle Relaxation, Asuhan Keperawatan.

Daftar Bacaan : 6 buku (2017-2024), 16 jurnal (2020-2026), 17 repository (2021-2025), dan 1 website resmi (2024)

ABSTRACT

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NURSING CARE FOR UNSTABLE BLOOD GLUCOSE LEVELS THROUGH PROGRESSIVE MUSCLE RELAXATION (PMR) INTERVENTION IN PATIENTS WITH TYPE 2 DIABETES MELLITUS AT RSPAL DR. RAMELAN SURABAYA

xv + 180 Pages + 13 Tables + 14 Appendices

Patients with Type 2 Diabetes Mellitus (T2DM) may benefit from Progressive Muscle Relaxation (PMR), a non-pharmacological supplementary therapy that helps control blood glucose levels. PMR and medication therapy together may enhance glycemic control and lower the risk of hyperglycemia-related complications. The purpose of this case study was to illustrate how PMR was used at Dr. Ramelan Naval Hospital in Surabaya to provide nursing care for patients with type 2 diabetes who had fluctuating blood glucose levels. Two patients with type 2 diabetes were included in the study, which used a case study design and the nursing process approach. The therapies included managing hyperglycemia, doing PMR exercises twice a day for four days in a row, and taking medication as directed. The first and second patients had blood glucose levels of 453 mg/dL and 431 mg/dL, respectively, at the time of the initial evaluation. They also complained of polyphagia, polydipsia, and generalized weakness. The first patient's blood glucose levels dropped to 125 mg/dL and the second patient's to 134 mg/dL after the interventions, and both patients' clinical conditions improved. These results suggest that using PMR in addition to medication therapy helps individuals with Type 2 Diabetes Mellitus maintain stable blood glucose levels.

Keywords : Type 2 Diabetes Mellitus, Hyperglycemia, Unstable Blood Glucose Levels, Progressive Muscle Relaxation, Nursing Care.

Reference : 6 books (2017–2024), 16 journal articles (2020–2026), 17 institutional repository publications (2021–2025), and 1 official website (2024).