

## Asuhan keperawatan Keluarga Bapak B dengan ketidakefektifan manajemen kesehatan diri pada masalah DM di RW 05 Kelurahan Cisalak Pasar, Cimanggis, Depok = Family nursing care to Mr. B with ineffectiveness of self-care health management to Diabetes Mellitus in RW 05, Cisalak Pasar, Cimanggis, Depok

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### Abstrak

Perubahan lifestyle kehidupan masyarakat perkotaan menimbulkan masalah diabetes melitus. Angka kejadian Diabetes melitus terus meningkat sehingga diperlukan suatu pencegahan untuk menurunkan angka tersebut. Untuk itu peran perawat komunitas dalam memberikan asuhan keperawatan kepada keluarga sangatlah penting. Asuhan keperawatan keluarga yang diberikan menerapkan konsep family center nursing berdasarkan lima tugas umum kesehatan keluarga. Asuhan keperawatan keluarga bapak B dengan masalah ketidakefektifan manajemen kesehatan diri pada masalah Diabetes Mellitus (DM), perawat berperan sebagai edukator, care giver, dan pengawas. Intervensi keperawatan lebih difokuskan pada manajemen diet dengan DM. Tujuannya adalah kadar glukosa tetap stabil dan keluarga mampu merawat anggota secara mandiri. Hasil yang diperoleh bahwa keluarga mengalami perubahan pola makan secara perlahan dari sekali makan menjadi tiga kali dengan penurunan kadar glukosa dari 320 mg/dL menjadi 165 mg/dL. Dapat disimpulkan bahwa pengaturan makanan sangatlah penting bagi orang yang mengalami DM untuk menjaga kadar glukosa darah tetap stabil maka.

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Changing of lifestyle promotes the prevalence of diabetes mellitus disease. The incidence of diabetes mellitus (DM) had gradually increased each year. Preventing the incidence of diabetes melitus can be used in reducing this problem. The role of community nurse was absolutely important especially in providing the level of independence in residents. Family nursing care is adapting five general tasks of family health theory. Nurse was implementing Mr. B family with ineffective health management of Diabetes Mellitus. Nurse role was as an educator, care giver, and supervisors. Nursing implementation was focused on dietary management foccused with DM. The goal of this implementation is to keep the stability of glucose level. This implementation also used to enhance the independence of family health care management. Result shows that after implementation the family life stlye was changing slowly. Family showed better dietary habit. Glucose level decreased from 320 mg / dL to 165 mg / dL. It can be concluded that dietary management was very important for people with diabetes. This was helpful for keeping the stability of blood glucose level.