

Terapi nutrisi sebagai intervensi untuk menurunkan kadar gula darah pada keluarga Ibu T dengan diabetes mellitus di Kelurahan Sukatani Kota Depok = Nutrition therapy is one of intervention for decrease blood glucose in Mrs T family with diabetes mellitus in Sukatani Village Depok

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Abstrak

[ABSTRAK

Diabetes Mellitus (DM) merupakan masalah global dan merupakan salah satu penyakit degeneratif yang dapat mempengaruhi kualitas hidup dan produktifitas seseorang. Salah satunya penyebab DM yaitu pola makan yang kurang sehat. Manifestasi klinis dari DM salah satunya yaitu kadar gula darah diatas 200 mg/dl. Karya ilmiah akhir ini bertujuan untuk memberikan gambaran manfaat terapi nutrisi dalam menurunkan kadar gula darah pada keluarga ibu T di RT 01/ RW 06 Kelurahan Sukatani, Kecamatan Tapos, Kota Depok. Metode yang digunakan yaitu pendekatan asuhan keperawatan keluarga. Implementasi keperawatan yang diberikan kepada ibu T adalah pendidikan kesehatan mengenai terapi nutrisi dengan prinsip tepat waktu, tepat jenis, dan tepat jumlah, serta penyusunan menu makanan DM untuk sehari-hari. Hasilnya gula darah sewaktu ibu T menurun dari 382 mg/dl menjadi 178 mg/dl, sedangkan gula darah puasa menurun dari 224 mg/dl menjadi 95 mg/dl. Kepatuhan dalam penerapan prinsip terapi nutrisi ini dapat menurunkan kadar gula darah pada penderita DM.

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ABSTRACT

DM is a global problem and one of the degenerative diseases that can affect a person's quality of life and productivity. One factor that causes DM is unhealthy diet. One of clinical manifestations of DM is blood sugar levels above 200 mg/dl. The aim of this final assignment is to provide delineation of the benefits of nutritional therapy to lower blood sugar levels in the T family in RT 01/RW 06 Sukatani Village, Tapos District, Depok. The method used is family nursing care for 7 weeks. Nursing implementation given to T's family is health education on nutrition therapy in the right time, right type, and right amount and scheduling daily nutrition. The result of blood sugar during Mrs. T decreased from 382 mg/dl to 178 mg/dl, and fasting blood sugar decreased from 224 mg/dl to 95 mg/dl. Compliance in the implementation of the principles of nutritional therapy can lower blood sugar level for people suffering from diabetes.;DM is a global problem and one of the degenerative diseases that can affect a person's quality of life and productivity. One factor that causes DM is unhealthy diet. One of clinical manifestations of DM is blood sugar levels above 200 mg/dl. The aim of this final assignment is to provide delineation of the benefits of nutritional therapy to lower blood sugar levels in the T family in RT 01/RW 06

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