

Analisis asuhan keperawatan kesehatan perkotaan menggunakan intervensi swedish massage pada kadar glukosa harian pasien dengan diabetes mellitus tipe 2 di Ruang Melati Atas RSUP Persahabatan = Analysis of swedish Massage integration within nursing intervention on daily blood glucose level during hospitalization at Melati Atas, Persahabatan General Hospital

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Abstrak

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Diabetes merupakan penyakit ketiga yang paling banyak membunuh penduduk di Indonesia, selain menjadi salah satu penyakit yang paling banyak muncul di perkotaan. Hal ini berkaitan dengan faktor yang memperparah resiko diabetes berupa gaya hidup kurang gerak dan ketidakpatuhan diet. Karya ilmiah akhir ini bertujuan untuk menganalisa asuhan keperawatan intervensi Swedish massage dengan frekuensi 3 kali seminggu. Level gula darah harian dikumpulkan sejak 3 hari sebelum dan selama satu minggu intervensi. Meskipun hasil statistik tidak menunjukkan signifikansi dalam penurunan gula darah sebelum dan setelah intervensi, hasil laboratorium menunjukkan adanya perbaikan setelah intervensi dengan menurunkan kadar rerata gula darah sebanyak 25% dan rasio neutrofil/limfosit sebanyak 67%.

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ABSTRACT

Diabetes Mellitus becomes the third leading cause of death in Indonesia after stroke and heart disease, as well as one of the most frequently happened diseases in urban area. The risk factor is aggravated by sedentary lifestyle and client's non-adherence to diet program. This research aimed to analyze the effect of Swedish Massage on daily blood glucose level which score was collected three days before and during one week intervention. The massage itself was delivered three times a week, integrated into nursing intervention during client's hospitalization at Melati Atas RSUP Persahabatan. Although statistic has failed to show significant difference on blood glucose level between pre and post intervention ($p=0.095$), it was revealed that there were many improvements on laboratory values, showing 25% reduction in mean postprandial blood glucose level and 67% reduction in neutrophil/lymphocyte ratio after intervention., Diabetes Mellitus becomes the third leading cause of death in Indonesia after stroke and heart disease, as well as one of the most frequently happened diseases in urban area. The risk factor is aggravated by sedentary lifestyle and client's non-adherence to diet program. This research aimed to analyze the effect of Swedish Massage on daily blood glucose level which score was collected three days before and during one week intervention. The massage itself was delivered three times a week, integrated into nursing intervention during client's hospitalization at Melati Atas RSUP Persahabatan. Although statistic has failed to show significant difference on blood glucose level between pre and post intervention ($p=0.095$), it was revealed that there were many improvements on laboratory values, showing 25% reduction in mean postprandial blood glucose level and 67% reduction in neutrophil/lymphocyte ratio after intervention.]