

Analisis praktek klinik keperawatan kesehatan masyarakat perkotaan pada klien dengan diabetes mellitus di Ruang Melati atas RSUP Persahabatan Jakarta = Analysis of nursing clinical practice of urban community health in patient with diabetes mellitus at Melati Atas RSUP Persahabatan

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Abstrak

[ABSTRAK

Diabetes Mellitus merupakan penyakit degeneratif yang terus mengalami peningkatan pada masyarakat perkotaan. Hal ini disebabkan oleh pola hidup yang tidak terkontrol. Perubahan pola hidup membuat penderita diabetes mellitus mengalami stres dan kecemasan yang mengakibatkan peningkatan kadar gula darah. Karya akhir ilmiah ini bertujuan untuk menganalisis implementasi asuhan keperawatan relaksasi otot progresif pada pasien Diabetes Mellitus tipe 2 yang mengalami ketidakstabilan kadar glukosa darah. Evaluasi intervensi relaksasi otot progresif (PMR) menunjukkan adanya penurunan kadar glukosa darah. Pelaksanaan PMR sebagai intervensi mandiri perawat secara teratur dapat menurunkan kadar glukosa darah pada pasien DM tipe 2.

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ABSTRACT

Diabetes Mellitus (DM) is a degenerative disease that is increasing in urban communities. This disease is caused by the uncontrolled lifestyle. Lifestyle changes has made people with DM experiencing stress and anxiety that cause increasing in blood glucose levels. This case study aimed to analyze the implementation of nursing care, especially the progressive muscle relaxation (PMR) effect in instability blood glucose levels of patients with type 2 DM. The evaluation has shown that PMR interventions can decrease blood glucose levels. Implementation of progressive muscle relaxation as an independent nursing intervention regularly can lower blood glucose levels in patients with type 2 diabetes., Diabetes Mellitus (DM) is a degenerative disease that is increasing in urban communities. This disease is caused by the uncontrolled lifestyle. Lifestyle changes has made people with DM experiencing stress and anxiety that cause increasing in blood glucose levels. This case study aimed to analyze the implementation of nursing care, especially the progressive muscle relaxation (PMR) effect in instability blood glucose levels of patients with type 2 DM. The evaluation has shown that PMR interventions can decrease blood glucose levels. Implementation of progressive muscle relaxation as an independent nursing intervention regularly can lower blood glucose levels in patients with type 2 diabetes.]