

Analisis praktik klinik keperawatan kesehatan masyarakat perkotaan pada pasien diabetes mellitus dengan ansietas di Ruang Gayatri RS DR. H. Marzoeki Mahdi Bogor = Analysis clinical practice of urban health nursing in diabetes mellitus case with anxiety at Gayatri Room RS DR. H. Marzoeki Mahdi Bogor

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Abstrak

[ABSTRAK

Urbanisasi membawa dampak terhadap berbagai sektor di lingkungan perkotaan, yang berdampak pada perubahan gaya hidup. Gaya hidup seperti kurang aktivitas dan makan makanan tidak sehat berdampak pada munculnya berbagai macam penyakit seperti

diabetes. Diabetes mellitus merupakan penyakit kronis yang dapat menimbulkan berbagai komplikasi, baik fisik maupun psikososial. Ansietas merupakan salah satu komplikasi psikososial yang dapat timbul akibat adanya masalah kesehatan. Intervensi keperawatan membantu bapak G mengenal ansietasnya, mengidentifikasi cara yang digunakan untuk mengatasi ansietasnya, mengajarkan bapak G untuk mengatasi ansietasnya, seperti teknik distraksi, tehnik relaksasi tarik nafas dalam dan hypnosis 5 jari, dan melibatkan keluarga dalam mengatasi ansietas bapak G, yang dapat mengatasi ansietas akibat diabetes mellitus.

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ABSTRACT

Urbanization had an impact on various sector in urban environments, which have an impact on lifestyle changes. The lifestyle like inactivity and ate unhealthy foods have an impact on the emergence of various diseases such as diabetes. Diabetes mellitus is a chronic disease that can lead to various complications, both physical and psychosocial. Anxiety is one of the psychosocial complications that may arise due to healthy problems. Nursing interventions help Mr. G to identify his anxiety, teached Mr. G to decrease his anxiety with a varios technique, such as distraction technique, relaxation technique and hypnosis breathing in 5 fingers, and also involves families in overcoming anxiety Mr. G, which can overcome the anxiety caused by diabetes mellitus., Urbanization had an impact on various sector in urban environments, which have an impact on lifestyle changes. The lifestyle like inactivity and ate unhealthy foods have an impact on the emergence of various diseases such as diabetes. Diabetes mellitus is a chronic disease that can lead to various complications, both physical and psychosocial. Anxiety is one of the psychosocial complications that may arise due to healthy problems. Nursing interventions help Mr. G to identify his anxiety, teached Mr. G to decrease his anxiety with a varios technique, such as distraction technique, relaxation technique and hypnosis breathing in 5 fingers, and also involves families in overcoming anxiety Mr. G, which can overcome the anxiety caused by diabetes mellitus.]