

Pengaturan diet sebagai upaya menjaga kestabilan gula darah pada keluarga bapak M dengan masalah diabetes melitus = Diet management as an effort to maintain blood glucose level on Mr M's family with diabetic mellitus / Citra Hafilah Shabrina

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Abstrak

ABSTRAK

Diabetes mellitus (DM) merupakan penyakit kronis dengan angka penderita yang tinggi di Indonesia. DM merupakan penyakit yang diakibatkan oleh gaya hidup yang tidak sehat. Pada masyarakat perkotaan, mobilitas yang tinggi menyebabkan masyarakat kurang memperhatikan pengaturan pola makan. Sedangkan pola makan atau diet yang tidak teratur merupakan salah satu faktor risiko DM. Karya ilmiah Akhir Ners ini bertujuan untuk memberikan gambaran asuhan keperawatan keluarga dengan fokus pengaturan diet pada anggota keluarga dengan masalah DM. Asuhan keperawatan keluarga diberikan selama 7 minggu. Intervensi keperawatan unggulan yang diberikan adalah dengan pengaturan diet DM dengan prinsip 3 J (Jumlah, Jenis, dan Jam). Pengaturan diet DM diterapkan setiap hari dengan menyusun menu makanan sesuai dengan kebutuhan kalori dan indeks glukosa yang rendah selama 6 minggu. Hasil evaluasi menunjukkan bahwa intervensi keperawatan yang dilakukan efektif dalam menurunkan kadar gula darah dan menstabilkan gula darah pada keluarga Bapak M. Intervensi pengaturan diet DM disarankan untuk dilakukan pada keluarga yang tidak memiliki komplikasi atau penyakit penyerta lain serta tidak memiliki stressor tinggi.

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Diabetic Mellitus (DM) is a chronic disease with high number of patient in Indonesia. DM is a disease that caused by unhealthy lifestyle. On urban communities, high mobilization make people don't give an attention to their food. Meanwhile, food or irregular diet pattern becomes one of DM risks factor. This Final Scientific Nurse Paper purpose is to describe nursing care with diet management on family with DM. Family nursing care was given within 7 weeks. The main nursing intervention is diet management with amount, type, and schedule arrangement. Diet management for DM was applied everyday on 6 weeks with arranging menu that fit to calorie needed and low glucose index. The results of the intervention showed that the main intervention was effective to reduce and stabilize blood glucose level. Diet management is recommended to apply on family with DM without another disease or complication and with low stressor. Diabetic Mellitus (DM) is a chronic disease with high number of patient in Indonesia. DM is a disease that caused by unhealthy lifestyle. On urban communities, high mobilization make people don't give an attention to their food. Meanwhile, food or irregular diet pattern becomes one of DM risks factor. This Final Scientific Nurse Paper purpose is to describe nursing care with diet management on family with DM. Family nursing care was given within 7 weeks. The main nursing intervention is diet management with amount, type, and schedule arrangement. Diet management for DM was applied everyday on 6 weeks with arranging menu that fit to calorie needed and low glucose index. The results of the intervention showed that the main intervention was effective to reduce and stabilize blood glucose level. Diet management is recommended to apply on family with DM without another disease or complication and with low stressor.

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