

## Pengontrolan kadar glukosa darah pada pasien diabetes melitus tipe 2 melalui pendekatan model adaptasi roy = Blood glucose control in diabetes mellitus patient by roy s adaptation model approach

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### Abstrak

#### <b>ABSTRAK</b><br>

Prevalensi hospitalisasi pasien diabetes cukup tinggi dengan berbagai macam alasan untuk dirawat inap, namun upayadalam pengontrolan glukosa darah sering mengalami kegagalan walaupun sudah dilakukan dengan pendekatan medis. Kegagalan dalam pengontrolan glukosa darah dapat mengakibatkan komplikasi baik akut maupun kronis. Pencegahankomplikasi memerlukan peran dari berbagai multidisiplin ilmu salah satunya adalah perawat spesialis medikal bedahdalam memberikan asuhan keperawatan dengan menggunakan pendekatan berbagai teori keperawatan. Salah satunyaadalah Model adaptasi Roy yang dapat dijadikan acuan dalam memberikan asuhan keperawatan yang holistik dankomprehensif dengan meminimalkan stimulus yang mempengaruhi adaptasi agar tercapai perilaku yang adaptif. Praktekberbasis bukti atau evidence based nursing menggunakan kognitif behavioral terapi bertujuan untuk meningkatkankepatuhan pasien terhadap regimen terapeutik. Peran perawat spesialis sebagai inovator untuk meningkatkan self-carepasien DM tipe 2 dengan upaya program self-health assessment. Kata kunci: Diabetes Mellitus, Perawat Spesialis, Model Adaptasi Roy, kognitif behavioral terapi dan self-care.<hr />

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Abstract Prevalence of hospitalization diabetes patient is quiet high with various reason to be admitted, but the efforts incontrolling blood glucose often fail even after performed by medical approach. Failure of glucose control could causeboth acute and chronic complication. A multidisciplinary approach is essential to prevent DM complications and improvepatient rsquo s quality of life. The medical surgical nurse specialist is expected to have a central role in diabetes care, and toperform nursing care based on nursing theories. Roy adaptation model can be utilized as a framework for nurses inproviding a holistic and comprehensive nursing care by minimizing stimuli that affect patient rsquo s ability to become adaptive.Evidence based nursing used cognitive behavioral therapy purposed to improve patient rsquo s adherence towards DM therapyprogram. The medical surgical nurse specialist took part as the innovator of care to enhance self care diabetes tipe 2through self health assessment program.Key word diabetes mellitus, nurse specialist, adaptation model Roy, cognonitive behavioral therapy and self care