

Pengalaman keluarga klien diabetes melitus tipe 2 menghadapi hipoglikemia = The experience of the family of the person with type 2 diabetes dealing with hypoglycemia

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Deskripsi Lengkap: <https://lib.ui.ac.id/detail?id=20454871&lokasi=lokal>

Abstrak

ABSTRAK

Hipoglikemia merupakan salah satu komplikasi diabetes melitus tipe 2. Anggota keluarga biasanya menjadi orang pertama yang mengetahui kejadian hipoglikemia pada klien. Penelitian ini bertujuan untuk mengetahui pengalaman keluarga klien diabetes melitus tipe 2 menghadapi hipoglikemia. Penelitian ini adalah penelitian kualitatif dengan desain fenomenologi deskriptif. Wawancara mendalam terhadap 11 partisipan mengidentifikasi empat tema yaitu: keluarga mempersepsikan hipoglikemia adalah sesuatu yang biasa, keluarga mampu mengenali gejala awal hipoglikemia, keluarga memberikan dukungan positif bagi klien dalam menghadapi hipoglikemia, dan hipoglikemia memiliki dampak negatif bagi keluarga. Hasil penelitian menunjukkan peran penting perawat untuk memberikan edukasi yang komprehensif mengenai hipoglikemia terhadap keluarga klien diabetes melitus tipe 2.

ABSTRACT

Hypoglycemia is one of diabetes complications. Hypoglycemia can increase risk of cardiovascular diseases or even lead to death. Family members are usually the first people to recognize hypoglycemia. Hypoglycemia is an unpredictable condition which make they should aware with it. A qualitative study using a phenomenological description design was utilized. In depth interviews were conducted with 11 family members of the person with type 2 diabetes. Family rsquo s experiences dealing with hypoglycemia were described into four main themes family perceive hypoglycemia is a common thing, family is capable in recognizing early symptoms of hypoglycemia, family provide positive support to person dealing with hypoglycemia, and hypoglycemia affects the family negatively. This study denotes a major role of nurse to provide a comprehensive education about hypoglycemia to the family of the person type 2 diabetes.