

**ASUHAN KEPERAWATAN DENGAN PEMBERIAN MINUMAN
JAHE DAN KAYU MANIS UNTUK MENURUNKAN
GULA DARAH PADA PASIEN DIABETES
MELLITUS DI KECAMATAN
CIPAYUNG**

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ABSTRAK

Diabetes Mellitus merupakan penyakit kronis yang prevalensinya terus meningkat dan menimbulkan berbagai komplikasi serius, baik makrovaskular, mikrovaskular, maupun neuropati. Berdasarkan data *IDF* tahun 2021 sebanyak 20,4 juta jiwa orang dewasa di Indonesia yang menderita diabetes mellitus. Di wilayah Kecamatan Cipayung sebanyak 749 jiwa yang menderita diabetes melitus, ini menandakan bahwa kasus Diabetes Mellitus cukup tinggi, sehingga diperlukan strategi penanganan yang efektif dan komprehensif. Penelitian ini bertujuan untuk menggambarkan asuhan keperawatan keluarga melalui pemberian minuman jahe dan kayu manis sebagai terapi non-farmakologis untuk membantu menurunkan kadar gula darah pada pasien dengan Diabetes Mellitus. Penelitian menggunakan metode deskriptif dengan pendekatan studi kasus pada dua pasien Diabetes Mellitus tipe 2 di Kelurahan Pondok Ranggon, Jakarta Timur. Responden penelitian dipilih berdasarkan kriteria inklusi dan eksklusi sebanyak 2 responden. Intervensi dilakukan selama tujuh hari berturut-turut dengan pemberian minuman rebusan jahe dan kayu manis 200 ml satu kali sehari. Data dikumpulkan melalui wawancara, observasi, dan pemeriksaan fisik. Hasil menunjukkan bahwa terjadi penurunan kadar gula darah pada kedua subjek setelah intervensi. Responden pertama mengalami penurunan kadar gula darah dari 389 mg/dL menjadi 341 mg/dL, sedangkan subjek kedua dari 232 mg/dL menjadi 204 mg/dL. Kesimpulan dari penelitian ini adalah bahwa pemberian minuman jahe dan kayu manis dengan kandungan *gingerol* dan *polifenol* yang berada di dalam jahe dan kayu manis terbukti bahwa dapat menurunkan kadar gula darah pada pasien diabetes mellitus tipe 2.

Kata Kunci: Diabetes Mellitus, Gula Darah , Jahe, Kayu Manis,

**NURSING CARE THROUGH THE ADMINISTRATION OF
GINGER AND CINNAMON DRINKS TO REDUCE
BLOOD GLUCOSE LEVELS IN PATIENTS
WITH DIABETES MELLITUS IN
CIPAYUNG DISTRICT**

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ABSTRACT

Diabetes Mellitus is a chronic disease with an increasing prevalence and the potential to cause serious complications, including macrovascular, microvascular, and neuropathic disorders. In Cipayung District, the incidence of Diabetes Mellitus is relatively high, necessitating effective and comprehensive management strategies. This study aims to describe family nursing care through the administration of ginger and cinnamon drinks as a non-pharmacological therapy to help reduce blood glucose levels in patients with Diabetes Mellitus. This research employed a descriptive method with a case study approach involving two patients with type 2 Diabetes Mellitus in Pondok Ronggon Subdistrict, East Jakarta. Research subjects were selected based on predetermined inclusion and exclusion criteria. The intervention was carried out over seven consecutive days by administering a boiled ginger and cinnamon drink once daily. Data were collected through interviews, observations, and physical examinations. The results showed a decrease in blood glucose levels in both subjects after the intervention. Subject one experienced a reduction from 389 mg/dL to 341 mg/dL, while subject two decreased from 232 mg/dL to 204 mg/dL. Additionally, families demonstrated improved capabilities in health management, including recognizing health problems, making appropriate decisions, and providing proper care for family members with Diabetes Mellitus. The study concludes that the administration of ginger and cinnamon drinks is effective as a supportive therapy for lowering blood glucose levels and can be applied in family nursing care to enhance family independence and involvement in managing patients with chronic illnesses such as Diabetes Mellitus.

Keywords: *Diabetes Mellitus, Blood Glucose, Ginger, Cinnamon, Family Nursing Care*