

**ASUHAN KEPERAWATAN PEMBERIAN KOMBINASI
TERAPI AKUPRESURE DAN SARI PATI BENGKUANG
UNTUK PENURUNAN KADAR GULA DARAH
PADA PENDERITA DIABETES MELLITUS
DI KECAMATAN CIPAYUNG
JAKARTA TIMUR**

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ABSTRAK

Diabetes Mellitus adalah gangguan metabolisme ditandai dengan tingginya kadar gula darah ≥ 200 mg/dL. Prevalensi Diabetes Mellitus di DKI Jakarta tahun 2023 sebanyak 290.948 penderita dan di Jakarta Timur sebanyak 72.416 penderita. Tujuan studi kasus ini untuk menggambarkan asuhan keperawatan dengan pemberian kombinasi terapi *Akupresure* dan sari pati bengkuang untuk penurunan kadar gula darah. Penelitian ini menggunakan metode deskriptif dengan pendekatan Asuhan Keperawatan pada 2 responden penelitian yaitu Ny. M dan Ny. S. Penelitian ini dilakukan selama 7 hari, yaitu tanggal 20-26 Mei 2024. Instrumen pengumpulan data menggunakan lembar wawancara, lembar observasi, set glukometer dan format Asuhan Keperawatan. Hasil rata-rata kadar gula darah sebelum di berikan intervensi 219,5 mg/dL dan sesudah 201,5 mg/dL. Terjadi penurunan sebesar 18 mg/dL. Dapat disimpulkan bahwa adanya penurunan kadar gula darah setelah di berikan terapi *Akupresure* dan sari pati bengkuang. *Akupresure* dapat mengaktifkan Glukosa-6-Fosfat dan memberikan efek pada Hipotalamus dan meningkatkan produksi Insulin, meningkatkan reseptor sel target. Sedangkan Sari pati bengkuang mengandung Pachyrhizon, Rotenone, Vitamin B1 dan Vitamin C dan Inulin. Dengan demikian terapi *Akupresure* dan Sari pati bengkuang dapat di jadikan sebagai intervensi keperawatan mandiri untuk penderita Diabetes Mellitus.

Kata Kunci : *Akupresure*, Sari Pati Bengkuang, Diabetes Mellitus, Kadar Gula Darah.

**NURSING CARE FOR THE COMBINATION OF
ACUPRESSURE THERAPY AND BENGKUANG STARCH JUICE
TO REDUCE BLOOD SUGAR LEVELS IN
PATIENTS WITH DIABETES MELLITUS
IN CIPAYUNG DISTRICT
EAST JAKARTA**

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ABSTRACT

Diabetes mellitus is a metabolic disorder characterized by high blood sugar levels ≥ 200 mg/dL. The prevalence of Diabetes Mellitus in DKI Jakarta in 2023 was 290,948 sufferers and in East Jakarta as many as 72,416 sufferers. The purpose of this case study is to describe nursing care by providing a combination of Acupressure therapy and bengkuang starch juice to reduce blood sugar levels. This study used a descriptive method with a Nursing Care approach on 2 research respondent, namely Mrs. M and Mrs. S. This research was conducted for 7 days, namely May 20-26, 2024. Data collection instruments using interview sheets, observation sheets, glucometer sets and nursing care formats. The average blood sugar level before intervention was 219.5 mg/dL and after 201.5 mg/dL. There was a decrease of 18 mg/dL. It can be concluded that there is a decrease in blood sugar levels after being given Acupressure therapy and bengkuang starch juice. Acupressure can activate Glucose-6-Phosphate and have an effect on the Hypothalamus and increase Insulin production, increase target cell receptors. Meanwhile, Cucumber starch contains Pachyrhizon, Rotenone, Vitamin B1 and Vitamin C and Inulin. Thus Acupressure therapy and bengkuang starch juice can be made as an independent nursing intervention for people with Diabetes Mellitus.

Keywords: *Acupressure, Bengkuang Starch Juice, Diabetes Mellitus, Blood Sugar Levels.*