

**ASUHAN KEPERAWATAN PADA PASIEN DIABETES MELLITUS
TIPE II DENGAN KETIDAKSTABILAN BERSIHAN JALAN NAFAS DI
RUANGAN ALAMANDA PENYAKIT DALAM
RSUD MAJALAYA**

**RAHMA SRI MUTIA
221FK01036**

Program Studi DIII Keperawatan , Fakultas Keperawatan
Universitas Bhakti Kencana

ABSTRAK

Latar Belakang: Diabetes Mellitus Tipe II merupakan penyakit metabolik yang dikarakteristikan dengan hiperglikemia. Diabetes Mellitus tipe II menjadi diabetes mellitus yang paling umum , terhitung sekitar 90% dari semua kasus diabetes yang menyebabkan kerusakan mata, ginjal, penyakit jantung, hingga menyebabkan ganggren, sehingga diperlukan asuhan keperawatan holistik dan fokus pada intervensi manajemen hiperglikemia untuk mengoptimalkan kondisi pasien. **Tujuan:** Menggambarkan asuhan keperawatan secara menyeluruh pada pasien Diabetes Mellitus Tipe II dengan ketidakstabilan kadar glukosa darah di ruang alamanda RSUD Majalaya. **Metode:** Penelitian ini menggunakan pendekatan studi kasus dengan pendekatan proses keperawatan meliputi pengkajian, diagnosa, Intervensi, implementasi dan evaluasi. **Hasil:** Setelah dilakukan intervensi Manajemen Hiperglikemia dan non- farmakologis pemberian Relaksasi Otot Progresif (ROP) Pasien 1 mengalami penurunan GDS nilai 309 mg/dL menjadi 210 mg/dL, dengan keluhan lelah berkurang, namun belum mencapai batas normal, sehingga kondisi dinyatakan teratasi sebagian. Sementara pasien 2 menunjukkan hasil lebih optimal, dengan penurunan nilai GDS dari 223 mg/dL menjadi 136 mg/dL dan peningkatan kenyamanan, sehingga dinyatakan teratasi. **Kesimpulan :** Intervensi relaksasi otot progresif (ROP) mampu membantu menurunkan kadar glukosa darah secara signifikan. **Saran :** Penelitian ini diharapkan dapat menjadi dasar pengembangan intervensi keperawatan ketidakstabilan kadar glukosa darah.

Kata kunci : Asuhan Keperawatan, Diabetes Mellitus Tipe II, Ketidakstabilan Glukosa Darah, Relaksasi Otot Progresif.

**NURSING CARE FOR PATIENTS WITH TYPE II DIABETES
MELLITUS EXPERIENCING INEFFECTIVE AIRWAY CLEARANCE IN
THE ALAMANDA INTERNAL MEDICINE WARD OF MAJALAYA
REGIONAL HOSPITAL**

**RAHMA SRI MUTIA
221FK01036**

DIII Nursing Study Program, Faculty Of Nursing
Bhakti Kencana University

ABSTRACT

Background: Type II Diabetes Mellitus is a metabolic disorder characterized by hyperglycemia, accounting for approximately 90% of all diabetes cases. This condition can lead to serious complications such as eye damage, kidney failure, heart disease, and even gangrene. Therefore, a holistic nursing approach focused on hyperglycemia management is essential to optimize patient outcomes. **Objective :** To describe the nursing care provided to patients with Type II Diabetes Mellitus experiencing unstable blood glucose levels in the Alamanda Ward of RSUD Majalaya. **Method :** This study used a case study approach with a nursing process framework including assessment, diagnosis, intervention, implementation, and evaluation. Non-pharmacological intervention in the form of Progressive Muscle Relaxation (PMR) was applied as part of hyperglycemia management. **Results :** Following the intervention, Patient 1 showed a decrease in Random Blood Glucose (RBG) from 309 mg/dL to 210 mg/dL, with reduced fatigue symptoms, although the glucose level remained above normal limits, indicating a *partially resolved* condition. Meanwhile, Patient 2 demonstrated more optimal results, with a decrease in RBG from 223 mg/dL to 136 mg/dL along with improved comfort, thus the condition was considered *resolved*. **Conclusion:** Progressive Muscle Relaxation (PMR) proved effective in lowering blood glucose levels and improving patient comfort, making it a valuable component of holistic nursing interventions in hyperglycemia management. **Recommendation :** This study is expected to serve as a foundation for developing nursing interventions in patients with unstable blood glucose levels.

Keywords : Blood Glucose Instability, Nursing Care, Type II Diabetes Mellitus, Progressive Muscle Relaxation..