ASUHAN KEPERAWATAN LANSIA DIABETES MELITUS TIPE 2 DENGAN PERFUSI PERIFER TIDAK EFEKTIF DI UPTD PUSKESMAS CIBIRU KELURAHAN CIPADUNG

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ABSTRAK

Diabetes Melitus adalah gangguan metabolik jangka panjang yang di tandai dengan peningkatan kadar gula darah akibat terganggunya produksi insulin,fungsi insulin,atau keduanya.Pada kelompok usia lanjut,kondisi tersebut dapat mengakibatkan komplikaso berupa gangguan perfusi jaringan perifer yang di sebabkan oleh penurunan fungsi sirkulasi perifer,yang tampak dengan gejala darah seperti ekstermitas yang dingin,kulit pucat,senasasi kesemutan,mati rasa,dan berkurangnya kemampuan sensori pada kaki. Tujuan penelitian ini adalah mendeskripsikan intervensi dan asuhan keperawatan yang di berikan kepada pasien lansia penderita diabetes melitus tipe 2 yang memiliki masalah perfusi perifer tidak efektif di UPTD puskesmas cibiru. Desain penelitian menggunakan pendekatan studi kasus deskriftif dengan melibatkan dua orang pasien lanjut usia yang menderita diabetes melitus tipe2 proses pengumpulan data di lakukan melalui metode wawancara tindakan perawatan yang di terapkan mencakup pemantauan status sirkulasi ekstermitas,pelaksanaan latihan Buerger Allen, serta terapi perendaman air hanggat.Temuan studi ini mengindikasikan bahwa setelah pemberian intervensi keperawatan,terjadi peningkatan perfusi perifer pada kedua subjek penelitian.indikator perbaikan ini meliputi rasa hanggat pada ekstermitas,penurunan sensasi kesemutan,normalisasi warna kulit,serta peningkatan sensitivitas pada area kaki.kombinasi terapi rendam air hanggat dengan intervensi keperawatan lain terbukti membantu memperbaiki sirkulasi darah perifer.

Kata kunci: Latihan Buerger Allen, Diabetes Melitus, Lansia, Perfusi Perifer Tidak Efektif, Rendam Air Hangat.

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ABSTRACT

Diabetes Mellitus is a persistent metabolic disorder identified by elevated blood glucose levels, resulting from either insufficient insulin production or the body's reduced responsiveness to insulin. Among older adults, this condition can lead to complications such as inadequate peripheral blood flow, manifesting as cold extremities, pallor, paresthesia, reduced sensation, and diminished sensitivity in the feet. This investigation aimed to document the management of elderly individuals diagnosed with type 2 diabetes mellitus who were experiencing compromised peripheral circulation at the Cibiru Community Health Center (Puskesmas). The study employed a descriptive case study methodology, focusing on two elderly patients presenting with ineffective peripheral perfusion. The interventions implemented encompassed monitoring of peripheral circulation, comprehensive foot care, health education, the Buerger Allen exercise regimen, and the application of warm water immersion therapy**.** The findings indicated a noticeable enhancement in peripheral blood circulation subsequent to warm water immersion therapy. This improvement was evidenced by warmer extremities, a decrease in paresthesia, better skin tone, and heightened sensitivity in the feet. The discussion within the research suggests that warm water immersion therapy facilitates improved peripheral blood flow through the mechanism of vasodilation, consequently augmenting peripheral perfusion in individuals diagnosed with type 2 diabetes mellitus. The study's conclusion is that warm water immersion therapy proves efficacious in enhancing peripheral perfusion among elderly patients who have type 2 diabetes mellitus. It is anticipated that community health centers will contribute to optimizing the management of diabetes mellitus through comprehensive health education, consistent patient surveillance, and by reinforcing the active participation of both patients and their families in self-management strategies aimed at preventing complications.

Keywords: Buerger Allen Exercises, Diabetes Mellitus, Elderly, Ineffective Peripheral Perfusion, Warm Water Immersion.