

**Asuhan Keperawatan Dengan Pemberian Daun Jambu Biji
Terhadap Penurunan Kadar Glukosa Darah Pada
Penderita Diabetes Melitus Di Kelurahan
Pondok Ranggong Jakarta Timur**

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ABSTRAK

Diabetes adalah penyakit kronis yang terjadi saat pankreas tidak menghasilkan cukup insulin (kisaran normal 100 sampai 150 mg/dl). Prevalensi diabetes Di DKI Jakarta pada tahun 2020 mencapai 233.918. Penelitian ini menggunakan metode deskriptif dengan pendekatan asuhan keperawatan. Jumlah subjek penelitian yaitu 2 pasien pada Ny S dan Ny K. Penelitian dilakukan di wilayah Kelurahan Pondok Ranggong selama 7 hari pada tanggal 05–11 Juli 2023. Teknik pemberian air rebusan daun jambu biji selama 2x pagi dan sore dengan dosis 200cc sekali minum. Hasil pengukuran gula darah pada Ny S sebelum dilakukan tindakan 280 mg/dl sesudah diberikan air rebusan daun jambu hasilnya 125 mg/dl. Sedangkan hasil pengukuran gula darah pada Ny K sebelum dilakukan tindakan 444 mg/dl dan sesudah diberikan air rebusan daun jambu hasilnya 150 mg/dl. Dari hasil penelitian dapat disimpulkan adanya penurunan pemberian rebusan daun jambu. Kesimpulan dari penelitian cara kerja mengatasi penurunan kadar gula darah sehingga jumlah didalam tubuh tidak melebihi batas normal. Kandungan daun jambu biji yaitu tanin dan kalsium yang bermanfaat sebagai membantu menormalkan fungsi kelenjar pankreas dengan efek farmakologi dan meningkatkan memperlancar sistem sirkulasi darah diabetes melitus. Bisa dijadikan salah satu teknik komplementer dalam intervensi keperawatan.

Kata kunci: Diabetes Melitus, Daun Jambu Biji, Kadar gula darah

Nursing Care By Giving Guava Leaf Blood Glucose Levels In People With Diabetes Melitus In Pondok Ranggon Village East Jakarta

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ABSTRACT

Diabetes is a chronic disease that occurs when the pancreas does not produce enough insulin (the normal range is 100 to 150 mg/dl). The prevalence of diabetes in DKI Jakarta in 2020 has reached 233,918. This study used a descriptive method with a nursing care approach. The number of study subjects was 2 patients in Mrs S and Mrs K. The research was conducted in the Pondok Ranggon Village area for 7 days on 05-11 July 2023. The technique of administering water boiled guava leaves for 2x morning and afternoon with a dose of 200cc once drank. The results of measuring blood sugar in Mrs S before the action was 280 mg/dl after being given guava leaf decoction the result was 125 mg/dl. While the results of measuring blood sugar in Mrs. K before the action was 444 mg/d and after being given a decoction of guava leaves the results were 150 mg/dl. From the results of the study it can be concluded that there is a decrease in giving guava leaf decoction. The conclusion of the research is how it works in overcoming lowering blood sugar levels so that the amount in the body does not exceed normal limits. The content of guava leaves are tannins and calcium, which is useful as normalizing the function of the pancreas gland with pharmacological effects expedite the blood circulation system in helping to normalize pancreatic function to overcome diabetes mellitus. Can be used as a complementary technique in nursing interventions.

Keywords: Diabetes Mellitus, Guava Leaves, Blood Suga Levels