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Jurusan Keperawatan Bandung
Program Studi DIII Keperawatan Bandung
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**TINDAKAN PEMBERIAN AIR REBUSAN DAUN KERSEN
PADA KLIEN DIABETES MELITUS TIPE 2
DALAM MENURUNKAN KADAR GULA DARAH SEWAKTU
DI RW 06 KELURAHAN CAMPAKA
WILAYAH KERJA PUSKESMAS GARUDA KOTA BANDUNG**

ABSTRAK

XVII, 76 Hal, V Bab, 2 Grafik, 3 Tabel, 18 lampiran

Prevalensi Diabetes Melitus di Indonesia tahun 2019 mencapai 10,7 juta jiwa. *World Health Organization* (WHO) memperkirakan prevalensi Diabetes di Indonesia akan melonjak drastis menjadi 21,3 juta jiwa pada tahun 2030. Penatalaksanaan Diabetes Melitus dapat dilakukan secara non-farmakologis. Salah satunya adalah herbal daun kersen sebagai terapi komplementer. Tujuan studi kasus yaitu menggambarkan pemberian air rebusan daun kersen dapat menurunkan kadar gula darah sewaktu pada klien Diabetes Melitus Tipe 2 di RW 06 Kelurahan Campaka wilayah kerja Puskesmas Garuda Kota Bandung. Metode yang digunakan yaitu studi kasus deskriptif. Hasil studi kasus menunjukkan bahwa rata – rata gula darah sewaktu klien 1 turun sebesar 39,6 mg/dL sedangkan rata – rata gula darah sewaktu klien 2 turun sebesar 68 mg/dL. Kesimpulan studi kasus yaitu pemberian air rebusan daun kersen dapat menurunkan kadar gula darah sewaktu pada klien Diabetes Melitus Tipe 2. Direkomendasikan hasil studi kasus dapat menjadi pedoman bagi perawat puskesmas untuk menggalakan program terapi komplementer di wilayah kerjanya sebagai alternatif penatalaksanaan diabetes melitus tipe 2 dalam menurunkan kadar gula darah sewaktu tanpa melupakan obat – obatan antidiabetes.

Kata kunci : Diabetes Melitus Tipe 2, Gula Darah Sewaktu, Daun Kersen

Daftar Pustaka : 21 (2011-2022)

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**ACTION OF GIVING CHERRY LEAVES STEW WATER
IN CLIENTS OF TYPE 2 DIABETES MELLITUS
TO REDUCE POSTPANDRIAL BLOOD SUGAR LEVELS
IN RW 06 CAMPAKA VILLAGE
WORK AREA OF GARUDA PUSKESMAS CITY BANDUNG**

ABSTRACT

XVII, 76 Pages, V Chapters, 2 Graphics, 3 Tables, 18 appendices

The prevalence of Diabetes Mellitus in Indonesia in 2019 reached 10.7 million people. The World Health Organization (WHO) estimates that the prevalence of diabetes in Indonesia will jump dramatically to 21.3 million people in 2030. Diabetes mellitus can be managed non-pharmacologically. One of them is cherry leaf herbal as a complementary therapy. The purpose of the case study is to describe the provision of boiled water from cherry leaves to reduce blood sugar levels in Type 2 Diabetes Mellitus clients in RW 06, Campaka Village, Garuda Health Center, Bandung City. The method used is a descriptive case study. The results of the case study show that the average blood sugar for client 1 decreased by 39.6 mg/dL, while the average blood sugar for client 2 decreased by 68 mg/dL. The conclusion of the case study is that the administration of boiled water from cherry leaves can reduce blood sugar levels in Type 2 Diabetes Mellitus clients. It is hoped that the case study can be a guide for puskesmas nurses to promote complementary therapy programs in their work areas as an alternative to the management of type 2 diabetes mellitus in lowering blood sugar levels without forgetting antidiabetic drugs.

Key words : Type 2 Diabetes Mellitus, Temporary Blood Sugar, Cherry Leaves

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