

Politeknik Kesehatan Kemenkes Bandung
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**TINDAKAN *BRISK WALKING EXERCISE*
PADA KLIEN DIABETES MELLITUS TIPE II
DALAM MENURUNKAN KADAR GLUKOSA DARAH SEWAKTU
DI RW 06 DAN RW 10 KELURAHAN PAJAJARAN
WILAYAH KERJA PUSKESMAS PASIRKALIKI KOTA BANDUNG**

ABSTRAK

XVII, 76 hal., 5 Bab, 1 tabel, 4 grafik, 13 lampiran

Studi kasus ini dilatarbelakangi oleh angka kejadian Diabetes Mellitus di Indonesia, IDF mengungkapkan bahwa Indonesia berada di peringkat ke-5 sebagai negara dengan jumlah penderita Diabetes tertinggi di dunia. Angka kejadian Diabetes Mellitus di Puskesmas Pasirkaliki cukup tinggi yaitu berada di peringkat ke-8 sebagai penyakit terbanyak sehingga diperlukan penanganan kepada penderita, salah satunya melalui penatalaksanaan non farmakologi berupa olahraga ringan seperti *brisk walking exercise* yang dapat membantu menurunkan kadar gula darah. Tujuan studi kasus ini untuk menggambarkan pemberian tindakan *brisk walking exercise* dalam menurunkan kadar gula darah sewaktu pada klien Diabetes Mellitus Tipe II di Wilayah Kerja Puskesmas Pasirkaliki. Metode penulisan yang dipergunakan adalah metode studi kasus deskriptif. Hasil studi kasus menunjukkan bahwa rata-rata penurunan GDS setelah diberikan tindakan *brisk walking exercise* pada klien 1 selama 3 hari berturut-turut yaitu 33 mg/dl sedangkan pada klien 2 yaitu 42,7 mg/dl. Maka dapat disimpulkan bahwa *brisk walking exercise* dapat menurunkan kadar glukosa darah sewaktu pada klien Diabetes Mellitus Tipe II. Direkomendasikan kepada perawat puskesmas untuk menganjurkan *brisk walking exercise* kepada penderita DM Tipe II dalam upaya mengontrol kadar gula darah.

Kata kunci : *Brisk Walking Exercise*, GDS, Diabetes Mellitus Tipe II

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***BRISK WALKING EXERCISE MEASURES ON TYPE II DIABETES MELLITUS
CLIENTS TO REDUCE BLOOD GLUCOSE LEVELS
AT RW 06 AND RW 10 KELURAHAN PAJAJARAN
WORKING AREA OF PUSKESMAS PASIRKALIKI KOTA BANDUNG***

ABSTRACT

XVII, 76 pages., 5 chapter, 1 table, 4 charts, 13 enclosure

This case study is motivated by the incidence of Diabetes Mellitus in Indonesia, IDF revealed that Indonesia is ranked 5th as a country with the highest number of people with diabetes in the world. The incidence of Diabetes Mellitus at the Pasirkaliki Health Center is quite high, which is ranked 8th as the most common disease so that treatment is needed for patients, one of which is through non-pharmacological management in the form of light exercise such as brisk walking exercise which can help lower blood sugar levels. The purpose of this case study is to describe the provision of brisk walking exercise in reducing blood sugar levels while on Type II Diabetes Mellitus clients in the Pasirkaliki Health Center Work Area. The writing method used is descriptive case study method. The results of the case study showed that the average decrease in GDS after being given brisk walking exercise for client 1 for 3 consecutive days was 33 mg/dl, while for client 2 it was 42.7 mg/dl. So it can be concluded that brisk walking exercise can reduce blood glucose levels in Type II Diabetes Mellitus clients. It is recommended for puskesmas nurses to recommend brisk walking exercise to patients with Type II DM in an effort to control blood sugar levels.

Keywords : Brisk walking exercise, Blood Glucose Levels, Diabetes Mellitus Type II

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