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**ASUHAN KEPERAWATAN KELUARGA DENGAN DIABETES
MELITUS TIPE II MELALUI PENERAPAN SENAM DIABETES UNTUK
MENURUNKAN KADAR GULA DARAH DI PUSKESMAS GARUDA
KOTA BANDUNG**

ABSTRAK

viii, 158 halaman, 5 bab, 5 tabel, 2 grafik, 10 lampiran

Studi kasus ini dilatar belakangi oleh tingginya prevalensi Diabetes Melitus (DM) pada usia lansia (>60 tahun) sebanyak 463 juta. Angka kejadian Diabetes Melitus Tipe II di Puskesmas Garuda sebanyak 52.24%. Salah satu pemberian terapi nonfarmakologi untuk menurunkan kadar gula darah yaitu senam diabetes. Senam diabetes adalah senam *aerobic low impact* dan ritmis dengan gerakan yang dapat diikuti semua kelompok umur. Studi kasus ini bertujuan untuk mengetahui senam diabetes terhadap penurunan kadar gula darah pada klien dengan Diabetes Melitus Tipe II di Puskesmas Garuda Kota Bandung. Metode studi kasus ini menggunakan pendekatan studi kasus dengan menerapkan intervensi spesifik mengacu pada *Evidence Based Practice* untuk memecahkan masalah tertentu dalam pelaksanaan asuhan keperawatan. Hasil studi kasus ini menunjukkan adanya penurunan kadar gula darah sebelum melakukan senam diabetes yaitu nilai gula darah puasa klien 1 171 mg/dl dan gula darah sewaktu klien 2 160 mg/dl, setelah melakukan senam diabetes selama 3 kali dalam waktu 30 menit nilai gula darah puasa klien 1 menjadi 169 mg/dl dan gula darah sewaktu klien 2 menjadi 149 mg/dl. Disimpulkan bahwa penerapan intervensi senam diabetes dapat menurunkan kadar gula darah pada pasien Diabetes Melitus Tipe II. Direkomendasikan kepada perkesmas dan penanggung jawab prolanis Puskesmas Garuda Kota Bandung dapat mengembangkan intervensi nonfarmakologi melalui penerapan senam diabetes terhadap penurunan kadar gula darah sebagai alternatif penatalaksanaan Diabetes Melitus Tipe II.

Kata Kunci : Diabetes Melitus Tipe II, Senam Diabetes, Kadar Gula Darah
Daftar Pustaka : Buku 14 (2005 – 2024), Jurnal 29 (2018 – 2024)

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***Nursing Care For Families With Type II Diabetes Mellitus Through The
Implementation Of Diabetes Exercises To Reduction Blood Sugar Levels
at Garuda Health Center, Bandung City***

Abstract

viii, 158 pages, 5 chapters, 5 tables, 2 charts, 10 attachments

This case study is based on the high prevalence of Diabetes Mellitus (DM) in the elderly (> 60 years) of 463 million. The incidence of Type II Diabetes Mellitus at the Garuda Community Health Center is 52.24%. One of the non-pharmacological therapies to reduce blood sugar levels is diabetes exercise. Diabetes exercise is low impact and rhythmic aerobic exercise with movements that can be followed by all age groups. This study aims to determine diabetes exercises to reduce blood sugar levels in clients with Type II Diabetes Mellitus at the Garuda Community Health Center, Bandung City. This case study method uses a case study approach by implementing specific interventions referring to Evidence Based Practice to solve certain problems in the implementation of nursing care. The results of this case study show that there was a decrease in blood sugar levels before doing diabetes exercises, namely the fasting blood sugar value for client 1 was 171 mg/dl and the blood sugar for client 2 was 160 mg/dl, after doing diabetes exercises 3 times within 30 minutes the blood sugar value Client 1's fasting became 169 mg/dl and client 2's blood sugar became 149 mg/dl. So it can be concluded that implementing diabetes exercise intervention could reduce blood sugar levels in Type II Diabetes Mellitus patients. It could recommended that the health department and the person in charge of the Garuda Health Center in Bandung can develop non-pharmacological interventions through the application of diabetes exercises to reduce blood sugar levels as an alternative for managing Type II Diabetes Mellitus.

Key words : Type II Diabetes Mellitus, Diabetes Exercises, Blood Sugar Levels
Bibliography : 14 books (2005 – 2024), 29 journals (2018 – 2024)