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Judul : Asuhan Keperawatan Pada Pasien Dengan Diabetes Melitus Yang Mengalami Risiko Gangguan Integritas Kulit Melalui Pemberian Terapi Senam Kaki Di Rs Bhayangkara Tk. I Puskokkes Polri

ABSTRAK

Latar Belakang : Diabetes Mellitus (DM) merupakan penyakit metabolik kronis yang berpotensi menimbulkan berbagai komplikasi, salah satunya adalah gangguan integritas kulit akibat neuropati perifer. Penurunan sensasi pada ekstremitas bawah meningkatkan risiko luka, ulkus diabetikum, hingga amputasi. Terapi nonfarmakologis seperti senam kaki diabetik terbukti mampu meningkatkan sirkulasi darah, sensitivitas kaki, dan mencegah kerusakan jaringan lebih lanjut.

Tujuan : Memberikan gambaran asuhan keperawatan pada pasien dengan DM yang mengalami risiko gangguan integritas kulit melalui intervensi terapi senam kaki di RS Bhayangkara Tk I Puskokkes Polri.

Metode : Penulisan ini menggunakan metode studi kasus pada satu pasien DM dengan risiko gangguan integritas kulit. Proses keperawatan dilakukan selama lima hari, mencakup pengkajian, diagnosa keperawatan, intervensi berdasarkan SDKI-SLKI-SIKI, implementasi terapi senam kaki, dan evaluasi.

Hasil : Setelah lima hari pelaksanaan senam kaki secara teratur, pasien menunjukkan peningkatan sirkulasi pada ekstremitas bawah, peningkatan sensitivitas kaki, serta tidak ditemukan tanda-tanda awal kerusakan kulit atau ulserasi. Pasien juga menunjukkan peningkatan pemahaman dan kepatuhan dalam melakukan perawatan kaki secara mandiri.

Kesimpulan : Terapi senam kaki diabetik terbukti efektif sebagai intervensi keperawatan nonfarmakologis dalam mengurangi risiko gangguan integritas kulit pada pasien dengan diabetes mellitus, serta meningkatkan kemampuan coping pasien dalam merawat diri.

Kata Kunci : Diabetes Mellitus, Risiko Gangguan Integritas Kulit, Senam Kaki, Asuhan Keperawatan

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ABSTRACT

Background: Diabetes Mellitus (DM) is a chronic metabolic disorder that can lead to various complications, one of which is impaired skin integrity due to peripheral neuropathy. Sensory loss in the lower extremities increases the risk of injury, diabetic ulcers, and even amputation. Non-pharmacological interventions such as diabetic foot exercise have been proven to improve blood circulation, enhance foot sensitivity, and prevent further tissue damage.

Objective: This study aims to describe nursing care provided to patients with diabetes mellitus who are at risk of impaired skin integrity through the implementation of diabetic foot exercise therapy at Bhayangkara Hospital Puskokkes Polri.

Method: This scientific paper uses a case study method involving one patient with DM at risk of impaired skin integrity. The nursing process was carried out over five days, including assessment, nursing diagnosis, interventions based on Indonesian Nursing Standards (SDKI, SLKI, SIKI), implementation of diabetic foot exercise, and evaluation.

Results: After five days of consistent foot exercise therapy, the patient showed improved circulation in the lower limbs, increased foot sensitivity, and no early signs of skin breakdown or ulceration. The patient also demonstrated better understanding and adherence to independent foot care.

Conclusion: Diabetic foot exercise therapy is proven effective as a non-pharmacological nursing intervention in reducing the risk of impaired skin integrity in patients with diabetes mellitus and enhancing patients' self-care ability.

Keywords: Diabetes Mellitus, Risk of Impaired Skin Integrity, Foot Exercise, Nursing Care