

Nama :Hamami Ghalib Harisman

Program Studi :DIII Keperawatan

Judul : Asuhan Keperawatan Keluarga Pada Anggota Yang Mengalami Diabetes Melitus Dengan Risiko Ketidakstabilan Kadar Glukosa Darah Di RT 12 RW 02 Kecamatan Cipayung Di Jakarta Timur

### **ABSTRAK**

**Latar belakang** : Diabetes mellitus merupakan penyakit kronis yang membutuhkan dukungan keluarga untuk menjaga kestabilan kadar glukosa darah. Studi kasus ini menggambarkan asuhan keperawatan keluarga pada Tn. M di Kelurahan Munjul, Jakarta Timur, yang mengalami risiko ketidakstabilan kadar glukosa darah. Penelitian menggunakan desain deskriptif dengan pendekatan studi kasus selama lima hari melalui tahapan pengkajianm diagnosis perencanaan, implementasi, dan evaluasi. hasil awal menunjukkan keluhan sering buang air kecil, lemas, dan kadar gula darah sewaktu 443 mg/dl. Intervensi meliputi edukasi kesehatan, modifikasi lingkungan, serta pemanfaatan fasilitas kesehatan. Evaluasi menunjukkan peningkatan pengetahuan, kemampuan mengambil keputusan dan keterlibatan keluarga. Seluruh tujuan tindakan tercapai, menegaskan pentingnya peran keluarga dalam pengelolaan diabetes.

Kata kunci: Diabetes mellitus

Name : Hamami Ghalib Harisman

Studi Program :DIII Nursing

Title : Nursing Care For Family With Diabetes Mellitus With a Risk Of Instability Of Blood Glucose Levels In RT 12 RW 02, Cipayung Distirct, East Jakarta.

### **ABSTRACT**

**Background:** Diabetes mellitus is as chronic condition requiring effective family support to maintain stable blood glucose levels. This case study describes nursing care provided to Mr. M, a diabetes patient at risk for unstable glucose levels in Munjul, East Jakarta. Using a descriptive case study design over five days, the nursing process included assessment, diagnosis, planning, intervention, and evaluation. Initial findings showed frequent urination, fatigue, and a random blood glucose level of 443 mg/dl. Nursing inteventions focused on health education, glucose monitoring, dietary guidance, environmental modification, and optimizing the use of healthcare services. Evaluation indicated improvments in family knowledge, decision-making, and care participations. All nursing goals were achieved, demonstrating the importance of family involvement in diabetes mellitus management.

Keywords: Diabetes mellitus

