

**GERONTIC NURSING CARE REPORT IN MRS. T WITH DIABETES MELITUS
AT WORKING AREA OF
PUSKESMAS DEPOK III**

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ABSTRACT

Background: With age, physiological functions decrease due to degenerative processes. One of the most common diseases in the elderly is diabetes mellitus. Diabetes mellitus is a chronic disease in which the body is unable to secrete insulin and insulin cannot be used effectively. The increasing incidence of people with diabetes mellitus has an effect on increasing complications. Complications can be prevented with proper management. Therefore, the role of nurses is needed in providing nursing care, especially for people with diabetes mellitus. **Purpose:** To provide nursing care Mrs. T with Diabetes mellitus in the working area of Depok III Health Center Yogyakarta. **Methods:** Case studies by applying the nursing process which includes assessment, nursing diagnosis, planning, implementation and evaluation. **Results:** Based on the study, it was found that the patient data was not in control and taking medication, had never received counseling, both legs were numb, stiff and sore, using a walking stick. So that the nursing diagnosis of ineffective health management, impaired physical mobility, and the risk of falling is established. The nursing interventions carried out were health education, mobilization support, joint strengthening exercises, and fall prevention. After the implementation of nursing goals can be partially achieved. **Conclusion:** Nursing care for Mrs. T with diabetes mellitus can be carried out well because Mrs. T is cooperative during nursing care.

Keywords: Nursing Care, Gerontic, Diabetes mellitus

LAPORAN ASUHAN KEPERAWATAN GERONTIK PADA NY. T DENGAN
DIABETES MELITUS DI WILAYAH KERJA
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ABSTRAK

Latar Belakang: Seiring bertambahnya usia, fungsi fisiologis mengalami penurunan akibat proses degeneratif. Salah satu penyakit terbanyak pada lanjut usia adalah diabetes mellitus. Diabetes melitus adalah penyakit kronik dimana tubuh tidak mampu mengeluarkan insulin dan insulin tidak bisa digunakan secara efektif. Angka kejadian penyandang diabetes mellitus yang meningkat berpengaruh pada peningkatan komplikasi. Komplikasi dapat dicegah dengan pengelolaan yang tepat. Oleh karena itu diperlukan peran perawat dalam memberikan asuhan keperawatan khususnya bagi penyandang diabetes mellitus.

Tujuan: Menerapkan asuhan keperawatan gerontik pada Ny. T dengan diabetes melitus di wilayah kerja Puskesmas Depok III. **Metode:** Studi kasus dengan menerapkan proses keperawatan yang meliputi pengkajian, diagnosis keperawatan, perencanaan, pelaksanaan dan evaluasi. **Hasil:** Berdasarkan pengkajian didapatkan data pasien tidak kontrol dan minum obat, belum pernah mendapatkan penyuluhan, kedua kakinya mati rasa, kaku dan sakit, menggunakan alat bantu jalan tongkat. Sehingga ditegakkan diagnosis keperawatan manajemen kesehatan tidak efektif, gangguan mobilitas fisik, dan risiko jatuh. Intervensi keperawatan yang dilakukan adalah edukasi kesehatan, dukungan mobilisasi, latihan penguatan sendi, dan pencegahan jatuh. Setelah dilakukan implementasi keperawatan tujuan dapat tercapai sebagian. **Kesimpulan:** Asuhan keperawatan pada Ny. T dengan diabetes mellitus dapat dilaksanakan dengan baik karena Ny. T kooperatif selama diberikan asuhan keperawatan.

Kata kunci: Asuhan keperawatan, Gerontik, Diabetes Mellitus