

## **ABSTRACT**

Elvina Wahyu Kusuma Putri, 2023. Nutritional Care for Patients with Type 2 Diabetes Mellitus in Private Employees. Scientific paper. Diploma III Nutrition Study Program Malang Health Polytechnic Ministry of Health Malang. Supervisor: Dr. Nur Rahman, S.TP., MP, RD. Diabetes mellitus (DM) is a group of metabolic diseases with hyperglycemia characteristics that occur due to abnormalities in insulin secretion, insulin action or both. The purpose of this study was to implement nutritional care for type 2 diabetes mellitus patients in private employees. This research is an observational study with a case study design, namely by observing patients with type 2 diabetes mellitus in private employees. This research was conducted at home at the home of one of the private employees who works at a printing business unit in Ponorogo Regency for 4 weeks. The data taken are patient characteristic data, anthropometric data, biochemical data, physical/clinical data and monitoring and evaluation data. Data collection methods through interviews, observation and direct examination of patients. The interventions provided are diet therapy and educational therapy. The results showed that during the 4 weeks of the study, the patient's anthropometry increased and decreased in weight. The patient's blood sugar levels also experienced instability. The patient's blood pressure increased in the 4th week of observation. The majority of patients' food intake is a severe deficit in energy, protein, carbohydrates, and fat. The results of education on the patient's knowledge level regarding DM and its management have not yet reached the target of educational success. Patients assisted by their families are expected to continue the application of dietary therapy provided to maintain the stability of blood sugar and cholesterol levels, thereby minimizing the occurrence of complications.

Keywords: Nutritional care, Diabetes Mellitus type 2 in employees