

REDUCTION OF BLOOD GLUCOSE LEVELS THROUGH PHARMACOLOGICAL THERAPY AND PROGRESSIVE MUSCLE RELAXATION THERAPY IN DIABETES MELLITUS PATIENTS AT DR. SAIFUL ANWAR HOSPITAL MALANG

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ABSTRACT

Background: Diabetes mellitus causes instability in blood glucose levels due to insulin resistance. Blood glucose levels can fluctuate drastically of physical and psychological stress, triggers the release of cortisol and adrenaline, thereby increasing hepatic glucose production. Pharmacological treatment is often insufficient, necessitating nonpharmacological interventions such as PMR to reduce stress and stabilize glucose. This study selected two clients: Client 1 (54 years old) with DM and lung cancer treated with insulin, Client 2 (68 years old) with chronic DM and cholelithiasis treated with oral antidiabetic, to assess the benefits of PMR in various conditions. **Methods:** descriptive case study design was used for two patients DM. PMR was performed once daily for 3 days, lasting 15–20 minutes, with blood glucose measurements taken before and after using a glucometer. Data were analyzed descriptively to compare pre-test and post-test. **Results:** Day 1: Client 1: 340mg/dL to 298mg/dL, Client 2: 365mg/dL to 325mg/dL. Day 2: Client 1: 246mg/dL to 210mg/dL, Client 2: 204mg/dL to 169mg/dL. Day 3: Client 1 196mg/dL to 163mg/dL, Client 2 : 178mg/dL to 140mg/dL. **Conclusion:** PMR can lower blood glucose levels and is nice as a pharmacological adjunct therapy to stabilize blood glucose.

Keywords: Diabetes Mellitus, Blood Glucose, Progressive Muscle Relaxation