

ABSTRAK

Alma Nur Istiqomah (2025). *Asuhan Keperawatan Ketidakpatuhan Minum Obat Pada Lansia Diabetes Mellitus di Wilayah Puskesmas Babadan Kabupaten Ponorogo*. Karya Tulis Ilmiah Studi Kasus Program Studi Diploma III Keperawatan Kampus Kabupaten Ponorogo, Politeknik Kesehatan Kemenkes Malang, Pembimbing: Gandes Widya Hendrawati, S.Kep., Ns., M. Kep.

Diabetes mellitus adalah salah satu kategori penyakit tidak menular yang menjadi penyebab kematian tertinggi di dunia. Kepatuhan dalam mengonsumsi obat menjadi langkah penting dalam pengendalian dan keberhasilan terapi diabetes mellitus. Tujuan penelitian ini adalah melakukan dan menganalisis asuhan keperawatan pada lansia diabetes mellitus dengan ketidakpatuhan minum obat. Desain penelitian yang digunakan yaitu studi kasus asuhan keperawatan. Partisipan adalah klien Tn.S, lansia diabetes mellitus dengan kategori kepatuhan minum obat rendah. Data klien didapatkan dari hasil wawancara, observasi dan dokumentasi. Pada saat pengkajian didapatkan klien tidak patuh minum obat karena sibuk bekerja, dan hasil score kuesioner kepatuhan pada hari pertama 3 kepatuhan rendah. Diagnosa keperawatan adalah ketidakpatuhan minum obat. Intervensi keperawatan menurut SIKI: dukungan kepatuhan program pengobatan untuk merubah perilaku kepatuhan minum obat. Implementasi dilakukan selama 7x24 jam dengan intervensi yang diterapkan yaitu mengkaji kepatuhan minum obat pasien, memberikan edukasi tentang penyakit diabetes mellitus serta pentingnya kepatuhan minum obat, mengobservasi konsumsi obat harian, mengajarkan cara penggunaan *pill card*, mengobservasi tanda-tanda vital dan cek kadar gula darah. Hasil kuesioner didapatkan skor 3 saat sebelum dilakukan intervensi dan mendapatkan skor 10 saat evaluasi terakhir pada hari ke-7. Evaluasi menunjukkan bahwa tingkat kepatuhan pasien yang awalnya kurang meningkat menjadi tinggi. Hal tersebut didorong dengan adanya penggunaan *pill card*, dukungan keluarga, edukasi dan motivasi diri sendiri sehingga mampu meningkatkan kepatuhan minum obat pasien.

Kata Kunci: Asuhan Keperawatan, Diabetes Mellitus, Ketidakpatuhan Minum Obat.

ABSTRAK

Alma Nur Istiqomah (2025). *Nursing Care for Non-Compliance with Medication in the Elderly with Diabetes Mellitus in the Babadan Health Center Area, Ponorogo Regency*. Scientific Paper Case Study of the Diploma III Nursing Study Program Ponorogo Regency Campus, Health Polytechnic of the Ministry of Health Malang, Supervisor: Gandes Widya Hendrawati, S.Kep., Ns., M. Kep.

Diabetes mellitus is one of the categories of non-communicable diseases that is the highest cause of death in the world. Compliance in taking medication is an important step in the control and success of diabetes mellitus therapy. The purpose of this study is to conduct and analyze nursing care in elderly people with diabetes mellitus with non-adherence to taking medication. The research design used is a case study of nursing care. The participant was Mr. S's client, an elderly person with diabetes mellitus with a low medication compliance category. Client data is obtained from interviews, observations and documentation. At the time of the assessment, it was found that the client was not compliant with taking medication because he was busy working, and the results of the compliance questionnaire score on the first day 3 of compliance were low. A nursing diagnosis is non-adherence to taking medication. Nursing intervention according to SIKI: adherence support for treatment programs to change medication adherence behavior. Implementation was carried out for 7x24 hours with interventions applied, namely assessing the patient's medication adherence, providing education about diabetes mellitus and the importance of medication adherence, observing daily medication consumption, teaching how to use *pill cards*, observing vital signs and checking blood sugar levels. The results of the questionnaire were obtained with a score of 3 before the intervention and a score of 10 during the last evaluation on day 7. Evaluations show that the initial level of patient compliance increases to a high one. This is encouraged by the use of *pill cards*, family support, education and self-motivation so that it can increase patient medication adherence. Conclusion The use of *pill cards*, family support, education and self-motivation can increase medication adherence in patients with diabetes mellitus.

Keywords: nursing care, diabetes mellitus, non-compliance with medication.