

**ASUHAN KEPERAWATAN PADA PASIEN DIABETES MELITUS
DENGAN GANGGUAN PERFUSI PERIFER TIDAK EFEKTIF
DIWILAYAH RSUD DR. HARJONO**

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ABSTRAK

Diabetes melitus merupakan suatu penyakit metabolik yang ditandai dengan kenaikan kadar gula darah akibat terjadinya resistensi insulin. Hiperglikemia dalam jangka panjang dapat menyebabkan penyempitan pembuluh darah arteri dan menyebabkan gangguan perfusi perifer. Tujuan penelitian ini yaitu untuk memberikan asuhan keperawatan pada pasien diabetes melitus dengan perfusi perifer tidak efektif. Metode penelitian ini dirancang dengan desain deskriptif kualitatif dengan bentuk studi kasus. Hasil penelitian didapatkan pasien mengalami gangguan perfusi perifer dengan hasil pengkajian didapatkan keluhan utama berupa kebas dan kesemutan pada kedua kaki, lutut kaki kiri terasa panas, kaku, nilai ABI kaki : 0,60. Diagnosa keperawatan ditegakkan yaitu perfusi perifer tidak efektif b.d hiperglikemia. Intervensi keperawatan yang ditetapkan yaitu perawatan sirkulasi, latihan terapi BAE, senam kaki dm dan 5 pilar diabetes melitus. Implementasi keperawatan dilakukan selama 7 hari. Hasil evaluasi keperawatan didapatkan masalah teratasi pada hari ketujuh dengan status perfusi perifer normal yang ditunjukkan dengan nilai ABI 1,2. Berdasarkan penelitian ini diharapkan pasien mampu menerapkan manajemen diabetes melitus dengan baik untuk meningkatkan derajat kesehatan.

Kata Kunci: Perfusi Perifer, Latihan BAE. Senam kaki DM, 5 Pilar DM.

**NURSING CARE FOR DIABETES MELITUS PATIENTS WITH
PERIPHERAL PERFUSION DISORDERS IS INEFFECTIVE IN THE DR.
HARJONO REGIONAL HOSPITAL**

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ABSTRACT

Diabetes mellitus is a metabolic disease characterized by increased blood sugar levels due to insulin resistance. Long-term hyperglycemia can cause narrowing of the arteries and cause peripheral perfusion disorders. The purpose of this study was to provide nursing care for patients with diabetes mellitus with ineffective peripheral perfusion. This research method was designed with a qualitative descriptive design in the form of a case study. The results of the study showed that patients experienced peripheral perfusion disorders with the results of the assessment obtained the main complaints of numbness and tingling in both feet, the left knee felt hot, stiff, ABI leg value: 0.60. The nursing diagnosis was established, namely ineffective peripheral perfusion related to hyperglycemia. The nursing interventions determined were circulation care, BAE therapy exercises, DM foot exercises and the 5 pillars of diabetes mellitus. The implementation of nursing care was carried out for 7 days. The results of the nursing evaluation showed that the problem was resolved on the seventh day with normal peripheral perfusion status indicated by an ABI value of 1.2. Based on this study, it is expected that patients will be able to implement good diabetes mellitus management to improve their health.

Keywords: Peripheral Perfusion, BAE Exercise. DM foot exercise, 5 Pillars of DM