ABSTRAK

Nicky Dwi Meilana (2026). *Pola Diet Rendah Karbohidrat dan Kadar Glukosa Darah pada Pasien Diabetes Melitus Tipe 2 di Puskesmas Pandanwangi*. Karya Tulis Ilmiah Studi Kasus, Program Studi DIII Keperawatan Malang, Jurusan Keperawatan, Politeknik Kesehatan Kemenkes Malang. Pembimbing: Agus Setyo Utomo,APP.,M.Kes.

Diabetes Melitus tipe 2 adalah penyakit kronis akibat gangguan insulin yang menyebabkan peningkatan glukosa darah. Penelitian ini bertujuan menilai hubungan kepatuhan diet rendah karbohidrat dengan perubahan kadar glukosa darah pada dua pasien di Puskesmas Pandanwangi. Metode studi kasus digunakan dengan intervensi berupa edukasi dan penerapan diet selama 14 hari. Kepatuhan diukur melalui kuesioner, sedangkan kadar glukosa diperiksa secara berkala dan dianalisis deskriptif. Hasil menunjukkan peningkatan kepatuhan dari kategori cukup menjadi baik pada kedua subjek. Subjek 1 meningkat lebih cepat dan stabil, sementara Subjek 2 bertahap. Peningkatan kepatuhan diikuti penurunan kadar glukosa darah: Subjek 1 dari 183 menjadi 104 mg/dL, dan Subjek 2 dari 300 menjadi 173 mg/dL. Disimpulkan bahwa diet rendah karbohidrat dengan edukasi dan pemantauan efektif meningkatkan kepatuhan serta mengontrol glukosa darah, sehingga peran tenaga kesehatan dalam edukasi berkelanjutan sangat penting.

Kata kunci: Diabetes Melitus tipe 2, diet rendah karbohidrat, kepatuhan, kadar glukosa darah.

ABSTRACT

Nicky Dwi Meilana (2026). *Low-Carbohydrate Diet Patterns and Blood Glucose Levels in Patients with Type 2 Diabetes Mellitus at Pandanwangi Public Health Center.* Scientific Paper (Case Study), Diploma III Nursing Program, Department of Nursing, Health Polytechnic of the Ministry of Health Malang. Advisor: Agus Setyo Utomo, APP., M.Kes.

Type 2 Diabetes Mellitus is a chronic disease characterized by elevated blood glucose due to impaired insulin function. This study aimed to examine the relationship between adherence to a low-carbohydrate diet and changes in blood glucose levels in two patients at Pandanwangi Health Center. A case study method was used with a 14-day intervention involving education and diet implementation. Diet adherence was measured using questionnaires, and blood glucose levels were monitored regularly and analyzed descriptively. Results showed improved adherence from moderate to good in both subjects. Subject 1 improved more quickly and consistently, while Subject 2 progressed gradually. Increased adherence was associated with decreased blood glucose levels: Subject 1 from 183 to 104 mg/dL, and Subject 2 from 300 to 173 mg/dL. The study concludes that a low-carbohydrate diet combined with education and monitoring effectively improves adherence and helps control blood glucose, highlighting the importance of continuous health education.

Keywords: Type 2 Diabetes Mellitus, low-carbohydrate diet, adherence, blood glucose levels.