

## ABSTRAK

Sofia Putri Mulyantari (2025) Asuhan Keperawatan Pasien Diabetes Mellitus dengan Risiko Disfungsi Neurovaskuler Perifer di Wilayah Kerja Puskesmas Sukosari Kabupaten Ponorogo. Karya Tulis Ilmiah studi kasus, Program Studi D3 Keperawatan (Kampus Kab. Ponorogo). Jurusan Keperawatan. Politeknik Kesehatan Kemenkes Malang. Pembimbing Endang Purwaningsih, S.Kep, Ns, M.Kep

Diabetes merupakan *silent killer* yang ditandai dengan meningkatnya kadar glukosa darah dan kurangnya sekresi atau metabolisme insulin. Diabetes mellitus biasanya ditandai dengan gejala polifagia, polidipsi, poliuri, kesemutan hingga rasa kebas dan panas pada ekstremitas. Diabetes mellitus apabila tidak terkontrol akan menyebabkan komplikasi mikrovaskuler salah satunya, disfungsi neurovaskuler perifer. Tujuan dari penelitian ini adalah menganalisa asuhan keperawatan pada klien diabetes mellitus dengan risiko disfungsi neurovaskuler perifer. Metode penelitian yang diterapkan deskriptif dalam bentuk studi kasus. Teknik pengumpulan data menggunakan wawancara dan observasi neurovaskuler perifer. Partisipan adalah klien Ny. S usia 67 tahun mengalami DM selama 6 tahun dan mengeluhkan kaki kebas, kesemutan, nyeri, dan mudah lelah. Diagnosa keperawatan yang diambil Risiko Disfungsi Neurovaskuler Perifer. Intervensi yang direncanakan menurut SIKI: Perawatan Sirkulasi (Senam Kaki DM) dilakukan selama 7 hari, Edukasi Perawatan Kaki dilakukan sebanyak 2 kali melalui metode ceramah dan media Poster. Implementasi dilakukan sesuai rencana selama 7 hari. Evaluasi menunjukkan bahwa didapatkan hasil risiko disfungsi neurovaskuler perifer menurun dengan skor nilai 5 (gejala akibat kerusakan large fiber dan small fiber) keduanya termasuk dalam risiko sedang, menjadi skor nilai 3 (gejala akibat kerusakan large fiber dan small fiber) risiko ringan. Kesimpulan senam kaki dan edukasi perawatan kaki dapat meningkatkan neurovaskuler perifer pada penderita diabetes mellitus. Di sarankan pada penderita diabetes mellitus untuk patuh melakukan senam kaki dan perawatan kaki.

**Kata Kunci:** Asuhan Keperawatan Diabetes Mellitus, Risiko Disfungsi Neurovaskuler Perifer

## **ABSTRACT**

*Sofia Putri Mulyantari (2025) Nursing Care for Diabetes Mellitus Patient with Risk of Peripheral Neurovascular Dysfunction in the Working Area of the Sukosari Health Center, Ponorogo Regency. Scientific Paper Case Study, D3 Nursing Study Program (Ponorogo Regency Campus). Department of Nursing. Health Polytechnic of the Ministry of Health of Malang. Supervisor Endang Purwaningsih, S.Kep, Ns, M.Kep*

*Diabetes is a silent killer characterized by increased blood glucose levels and a lack of insulin secretion or metabolism. Diabetes mellitus is usually characterized by symptoms of polyphagia, polydipsi, polyuria, tingling to numbness and heat in the extremities. Diabetes mellitus, if not controlled, will cause microvascular complications, one of which is peripheral neurovascular dysfunction. The purpose of this study was to analyze nursing care in patients with diabetes mellitus at risk of peripheral neurovascular dysfunction. The research method applied is descriptive in the form of a case study. Data collection techniques used interviews and peripheral neurovascular observations. The participant was a 67-year-old Mrs. S client who had DM for 6 years and complained of numbness, tingling, pain, and fatigue. Nursing diagnosis taken Risk of Peripheral Neurovascular Dysfunction. The planned intervention according to SIKI: Circulation Treatment (DM Foot Gymnastics) was carried out for 7 days, Foot Care Education was carried out 2 times through the lecture method and Poster media. The implementation was carried out as planned for 7 days. The evaluation showed that the results obtained that the risk of peripheral neurovascular dysfunction decreased with a score of 5 (symptoms due to damage to large fiber and small fiber) both of which were included in moderate risk, to a score of 3 (symptoms due to damage to large fiber and small fiber) light risk. Conclusion Foot gymnastics and foot care education can improve peripheral neurovascular in people with diabetes mellitus. It is recommended for people with diabetes mellitus to obediently do foot exercises and foot care.*

**Keywords:** *Diabetes Mellitus Nursing Care, Risk of Peripheral Neurovascular Dysfunction*