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Pengelolaan Risiko Perfusi Perifer Tidak Efektif Dengan Perawatan Sirkulasi Pada pasien Diabetes Melitus Tipe 2

xv+98 halaman+2 Bagan +4 tabel+10 lampiran

ABSTRAK

Perubahan gaya hidup akibat pergeseran dari masyarakat agraris ke industri turut meningkatkan angka kejadian Diabetes Melitus tipe 2. Pola makan tidak sehat dan kurang aktivitas fisik menjadi faktor risiko utama, yang dapat menyebabkan komplikasi berupa gangguan perfusi perifer. Penelitian ini bertujuan menggambarkan pengelolaan risiko perfusi perifer tidak efektif melalui perawatan sirkulasi. Metode yang digunakan adalah deskriptif dengan studi kasus meliputi pengkajian, analisa data, diagnose keperawatan, perencanaan, implementasi, dan evaluasi. Responden satu pasien Diabetes Melitus tipe 2 selama tiga hari. Senam kaki digunakan sebagai bentuk terapi bagi penderita diabetes melitus untuk mencegah perburukan kondisi. Aktivitas ini melibatkan gerakan otot dan sendi kaki dengan tujuan memperkuat otot-otot kecil, otot paha, serta otot betis. Selain itu, senam kaki juga berperan sebagai tindakan pencegahan terhadap deformitas kaki dan membantu mengatasi keterbatasan gerak sendi. Hasil menunjukkan peningkatan nilai ABI, yang menandakan perbaikan kondisi pasien secara bertahap. Kesimpulan menunjukkan bahwa intervensi keperawatan yang diberikan efektif dalam meningkatkan perfusi jaringan perifer dan mencegah komplikasi lebih lanjut pada pasien diabetes melitus. Saran bagi responden dalam menangani masalah risiko perfusi perifer tidak efektif pada penderita diabetes melitus dapat menerapkan senam kaki diabetik.

Kata kunci: Diabetes Melitus Tipe 2, perfusi perifer, senam kaki diabetik

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Ineffective Peripheral Perfusion Risk Management With Circulation Care In Type 2 Diabetes Mellitus Patients

xv+98 Halaman+ 2 Chart + 4 Table+10 Lampiran

ABSTRACT

Lifestyle changes due to the shift from an agrarian society to an industrial society have also increased the incidence of type 2 Diabetes Mellitus. Unhealthy diet and lack of physical activity are the main risk factors, which can cause complications in the form of peripheral perfusion disorders. This study aims to describe the management of ineffective peripheral perfusion risk through circulation care. The method used is descriptive with case studies including assessment, data analysis, nursing diagnosis, planning, implementation, and evaluation. Respondents were one patient with type 2 Diabetes Mellitus for three days. Foot exercises are used as a form of therapy for people with diabetes mellitus to prevent worsening of the condition. This activity involves moving the muscles and joints of the feet to strengthen the small muscles, thigh muscles, and calf muscles. Furthermore, foot exercises also serve as a preventative measure against foot deformities and help address limited joint mobility. The results showed an increase in ABI values, which indicated a gradual improvement in the patient's condition. The conclusion shows that the surgical intervention provided is effective in improving peripheral tissue perfusion and preventing further complications in diabetes mellitus patients.

Suggestions for respondents in dealing with the problem of ineffective peripheral perfusion risk in patients with diabetes mellitus can apply diabetic foot exercises.

Keywords: Type 2 Diabetes Mellitus, peripheral perfusion, diabetic foot exercises