

**PROGRAM STUDI S1 KEPERAWATAN FAKULTAS KEPERAWATAN
INSTITUT KESEHATAN PAYUNG NEGERI PEKANBARU**

Penelitian, Agustus 2026

EMELIA

Asuhan keperawatan pada pasien lansia diabetes melitus di Rumah Sakit Bina Kasih

x+ 50 Halaman + 8 Tabel + 8 Lampiran

ABSTRAK

Diabetes melitus (DM) pada lansia merupakan penyakit lansia merupakan penyakit metabolik kronis yang di tandai dengan peningkatan kadar glukosa darah akibat penurunan fungsi organ dan resistensi insulin .kondisi ini sering memunculkan masalah keperawatan seperti ketidakstabilan kadar glukosa darah dan defisit pengetahuan . studi kasus ini bertujuan memeberikan gambaran pelaksanaan asuhan keperawatan gerontik komprehensif pada lansia penderita DM.metode yang digunakan adalah pendekatan proses keperawatan mulai dari pengkajian,penentuan diagnosis,perencanaan,implementasi,hingga evaluasi.hasil asuhan menunjukan bahwa edukasi manajemen mandiri dan latihan fisik secara rutin efektif membantu mengontrol kadar glukosa darah serta meningkatkan kemandirian lansia.

Kata kunci : Asuhan Keperawatan, Lansia, Insulin, *Diabetes Melitus*

Daftar Bacaan : (2018 – 2025)

**BACHELOR OF NURSING STUDY PROGRAM, FACULTY OF
NURSING, PAYUNG NEGERI HEALTH INSTITUTE, PEKANBARU**

Research, August 2026

EMELIA

Nursing care for elderly patients with diabetes mellitus at Bina Kasih Hospital.

x+ 50 Pages + 8 Table + 8 Appendix

Abstract

Diabetes mellitus (DM) in the elderly is a chronic metabolic disease characterized by elevated blood glucose levels due to decreased organ function and insulin resistance. This condition frequently leads to nursing problems such as unstable blood glucose levels and knowledge deficits. This case study aims to describe the implementation of comprehensive gerontic nursing care for elderly clients with DM. The method used is a nursing process approach ranging from assessment, diagnosis, formulation, planning, implementation, to evaluation. The results of the nursing care indicate that self-management education and regular physical exercise are effective in helping to control blood glucose levels and improving elderly independence.

Keywords : Nursing Care, Elderly, Insulin, Diabetes Mellitus

References : (2018-2025)