

TRANSFORMASI KEMANDIRIAN PASIEN DIABETES MELITUS TIPE 2 DENGAN HIPOGLIKEMIA MELALUI PENDEKATAN TEORI SELF CARE OREM : STUDI KASUS

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Article Info	ABSTRAK
Article History: Received 21/08/2026 Revised - Accepted 02/09/2026 Keywords: Diabetes <i>melitus;</i> Hipoglikemia; Level of independence; Self Care Orem; Self Care Deficit;	Hipoglikemia merupakan salah satu komplikasi akut diabetes melitus yang dapat menyebabkan gangguan neurologis seperti penurunan kesadaran sehingga kemandirian pasien dalam perawatan diri akan terganggu dan berpotensi mengancam nyawa. Pada tahun 2025, sebanyak 84 (64,4%) dari 130 pasien diabetes melitus melaporkan kejadian hipoglikemia berat. Penelitian ini bertujuan untuk menganalisis kemandirian pada pasien diabetes melitus tipe 2 yang mengalami hipoglikemia melalui pendekatan self care Orem. Penelitian ini menggunakan desain studi kasus pada Nyonya N, 56 tahun, diagnosis medis diabetes melitus tipe 2 dan hipoglikemia. Proses asuhan keperawatan meliputi pengkajian, diagnosis keperawatan, intervensi, implementasi dan evaluasi dengan mengintegrasikan konsep self care Orem. Hasil penelitian menunjukkan pasien mengalami hipoglikemia akibat adanya mual, muntah disertai tidak nafsu makan dan diberikan insulin sebanyak 16IU. Pada universal self care requisites pasien berada dalam tingkat kemandirian wholly compensatory system pada aspek oksigenasi, cairan dan elektrolit, nutrisi, aktivitas fisik, dan eliminasi ditandai dengan penurunan kesadaran, GCS E2 M2 V2 (sopor), glukosa darah sewaktu 40 gr/dl, mual muntah, tekanan darah 80/60 mmHg, pernapasan 26 kali/menit, nadi 134 kali/menit, suhu 36,4 C, bising usus 9 x/menit, natrium 110 gr/dl, kalium 1,2 mmol, albumin 2,8 mg/dl. Diagnosis keperawatan utama pada kasus ini adalah ketidakstabilan kadar glukosa darah berhubungan dengan hyperinsulinemia. Pada hari keenam perawatan terjadi peningkatan kemandirian pasien menuju supportive-educative system pada seluruh aspek universal self care requisites ditandai dengan kesadaran compos mentis, GCS E4 M6 V5, GDS 198 gr/dl, GDP 116 gr/dl, GDPP 168 gr/dl tekanan darah 125/78 mmHg, pernapasan 19 kali/menit, nadi 86 kali/menit, suhu 37 C, albumin 3,6 gr/dl, natrium 128 gr/dl, kalium 2,1 mmol. Kesimpulan penelitian ini menunjukkan bahwa pendekatan self care Orem terbukti mampu mengidentifikasi defisit perawatan diri dan menentukan intervensi keperawatan serta pemberdayaan pasien dengan sistematis untuk meningkatkan kemandirian dan mendukung pengelolaan penyakit secara berkelanjutan.
	ABSTRACT <i>Hypoglycemia is an acute complication of diabetes mellitus that can cause neurological disorders such as decreased consciousness, which can disrupt patient independence in self-care and potentially threaten life. In 2025, 84 (64.4%) of 130 diabetes mellitus patients reported severe hypoglycemia. This study aims to analyze independence in type 2 diabetes mellitus patients experiencing hypoglycemia through a clinical</i>

approach.self care Orem. This study used a case study design on Mrs. N, 56 years old, with a medical diagnosis of type 2 diabetes mellitus and hypoglycemia. The nursing care process includes assessment, nursing diagnosis, intervention, implementation, and evaluation by integrating the concepts of self care Orem. The results of the study showed that the patient experienced hypoglycemia due to nausea, vomiting, and loss of appetite and was given 16 IU of insulin. In universal self-care requisites the patient is at a level of independence wholly compensatory system in terms of oxygenation, fluids and electrolytes, nutrition, physical activity, and elimination, the patient was characterized by decreased consciousness, GCS E2 M2 V2 (stupor), random blood glucose 40 gr/dl, nausea and vomiting, blood pressure 80/60 mmHg, respiratory rate 26 times/minute, pulse 134 times/minute, temperature 36.4°C, bowel sounds 9 times/minute, sodium 110 gr/dl, potassium 1.2 mmol, albumin 2.8 mg/dl. The main nursing diagnosis in this case is unstable blood glucose levels related to hyperinsulinemia. On the sixth day of treatment, the patient's independence increased towards supportive-educative system in all aspects universal self-care requisites characterized by compos mentis consciousness, GCS E4 M6 V5, GDS 198 gr/dl, GDP 116 gr/dl, GDPP 168 gr/dl blood pressure 125/78 mmHg, respiratory rate 19 times/minute, pulse rate 86 times/minute, temperature 37 C, albumin 3.6 gr/dl, sodium 128 gr/dl, potassium 2.1 mmol. The conclusion of this study shows that the approach self care Orem has proven to be able to identify self-care deficits and determine nursing interventions and patient empowerment systematically to increase independence and support ongoing disease management.

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