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**NURSING INSTITUTION IN CLIENT DIABETES MELITUS WITH INNOVATION THERAPY PMR (PROGRESSIVE MUSCLE RELAXATION) TO REDUCE BLOOD SUGAR IN THE SERUNY ROOM RSUD DISTRICT TANGERANG**

xxv + 5 Chapter + 124 pages + 47 Tables + 8 attachments

**ABSTRACT**

Diabetes Mellitus is a metabolic disorder characterized by signs of hyperglycemia due to inadequate function and insulin secretion. Prevalence of DM throughout the world in 2045 has increased to 425 million inhabitants. Complications of DM can be long-term in the form of acute and chronic, complications from acute can cause hyperglycemia. How to handle it with PMR (Progressive Muscle Relaxation) technique. PMR (Progressive Muscle Relaxation) technique can decrease blood glucose on client. The research method of this case study study used descriptive method (with nursing process approach) and method of literature search. Respondents in this study averaged 50-59 years, and got the problem of nursing Acute pain, imbalance of nutrition less than body needs, Damage to skin integrity, Risk of instability Blood glucose levels, Risk of infection, Activity intolerance. Data analysis was performed with no result of increased blood sugar through the implementation of PMR (Progressive Muscle Relaxation). It is suggested for nurses to be able to improve giving nursing care of Diabetes Mellitus patient especially about PMR (Progressive Muscle Relaxation) through discharge planning.

Keywords: Diabetes Mellitus Type 2, PMR (Progressive Muscle Relaxation),  
Literature: 20 Books (2009-2017) + 7 Journals (2011-2018)