

**THE UNIVERSITY OF ESA UNGGUL
PROFESSIONAL NURSING PROGRAM**

The Study Case Report
February 2018
Maria Elisabeth Restu Ndena

**NURSING CARE IN CLIENT DIABETES MELITUS WITH HYPERTENSION
IN GENERAL ROOM 5 RSPAD GATOT SOEBROTO JAKARTA CENTER**
xvi + 5 Bab + 148 Page + 25 Table + 1 attachment

ABSTRACT

Diabetes mellitus is a metabolic disorder with characteristic signs of hyperglycemia due to inadequate function and insulin secretion. DM is the sixth most common ailments in the General Floor Room 5 Gatot Subroto Army Hospital in Central Jakarta, 2018. The purpose of case study analysis is an idea of care in client Diabetes Mellitus with Hypertension in 5th floor General Treatment Room Gatot Subroto Army Hospital Central Jakarta. This case study uses descriptive method and method of literature with the nursing process approach to 5 clients with DM cases with hypertension. The case study Analysis of the female sex (100%), age >45 years (100%), Islam (80%), junior high school (60%), house wife (80%). The etiology of eating disorder patterns (100%), the clinical manifestations of polyuria, polyphagia, polydipsia (100%), fatigue and weakness (100%), no appetite (100%), headache/stiff neck (60%). Nursing studies and diagnoses as well as nursing measures are tailored to care arrangements and nursing evaluations according to linked theories. DM patients should be considered on a balanced diet with the needs of the body through a healthy diet that will adapt to the needs of glucose. Non-compliance of patients with diet is influenced by less motivation of patients and families. Nurses should play an increasingly important role in providing care, counseling about diet DM and motivation and family. RS media should provide health education for people with diabetes, such as leaflets, flipcharts that can be used for health education.

Keywords: Diabetes Mellitus, Hypertension, DM Diet.
Literature: 24 Books + 10 Journals