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“Nursing Care on Type II Diabetes Patients Focusing on Progressive Muscle Relaxation Intervention at Paviliun Darmawan RSPAD Gatot Soebroto ”

5 Chapters + 54 Pages + 6 Attachments

ABSTRACT

Diabetes Melitus (DM) is a chronic metabolic disorder caused by the inability of pancreas to produce enough insulin or the body cannot use the produced insulin effectively. Insulin is the hormone that controls the balance of sugar in our blood. The result is the increasing of the glucose concentration in the blood. This study aims to learn about the nursing care method on type II diabetes melitus patients focusing on progressive muscle relaxation intervention. Applied to patients three times. The result of this study applied with 3 days exercises, 10.00 in the morning and 15.00 in the afternoon. There was a significant decrease on the patient's glucose value from 285 mg/dL to 180 mg/dL. The result is there is a positive effect from progressive muscle relaxation therapy to reduce the glucose level on type II diabetes melitus patients. It is hoped that nurses will be able to provide the correct nursing method, especially to the type II diabetes melitus patients, by giving the progressive muscle relaxation intervention.

Keywords : Type II Diabetes Melitus, Progressive Muscle Relaxation