

CASE STUDY REPORT

THE APPLICATION OF DIABETIC FOOT EXERCISES TO REDUCE BLOOD SUGAR LEVELS IN PATIENTS WITH DIABETES MELLITUS IN JASMINE ROOM 2 RSUP DR. SOERADJI TIRTONEGORO KLATEN

Eki Heryadi¹, Furaida Khasanah², Maryana³

^{1,2,3} Department of Nursing Poltekkes Kemenkes Yogyakarta

Jl. Tatabumi No. 3 Banyuraden, Gamping, Sleman, D. I. Yogyakarta

E-mail: ekihary@gmail.com

ABSTRACT

Background: The prevalence of diabetes continues to increase. Diabetes Mellitus is a group of heterogeneous disorders characterized by an increase in blood glucose levels or hyperglycemia. Based on the register in the Inpatient Installation of Dr. Soeradji Tirtonegoro Hospital Klaten in 2022, data obtained there are 10 top medical diagnoses of patients undergoing hospitalization in the Melati 2 room. The first order is Diabetes patients 5.9%, Chronic Kidney Failure 5.65%, Fractures as much as 4.67%, anemia as much as 3.44%, typhoid 2.95%, infection 2, 44%, CHF 2.44%, vertigo 2.21%, geriatric anorexia 2.21% and ca mammae 1.72%. Exercise is one of the pillars of diabetes mellitus management in addition to education, diabetic foot exercises, nutritional therapy, and pharmacological interventions. The benefits of exercise for people with diabetes mellitus include increasing blood sugar levels, preventing obesity by burning body calories so that blood glucose can be used for energy. Thus the sugar level can go down. **Objective:** To be able to apply diabetic foot exercises to patients with diabetes mellitus in the Melati 2 room of Dr. Soeradji Tirtonegoro Klaten Hospital, Central Java using the Evidence Based Nursing foundation as a reference in providing nursing care services. **Methods:** Using a case study method by applying a nursing process approach through the application of 3-day diabetic foot exercise techniques performed 2x/day for 15-20 minutes. **Results:** Assessment data obtained that both clients have the same complaints, namely instability of blood glucose levels associated with hyperglycemia. **Conclusion:** After the two clients were given non-pharmacological action with diabetic foot exercises for three days, the results showed a decrease in blood glucose values so that the problem was resolved.

Keyword: Diabetic foot exercises, Diabetes Mellitus, Blood Sugar Lowering

¹ Professional Education Student of Ners Poltekkes Kemenkes Yogyakarta

^{2,3} Lecturers of the Department of Nursing Poltekkes Kemenkes Yogyakarta

LAPORAN STUDI KASUS

PENERAPAN SENAM KAKI DIABETIK TERHADAP PENURUNAN KADAR GULA DARAH PADA PASIEN DIABETES MELLITUS DI RUANG MELATI 2 RSUP DR. SOERADJI TIRTONEGORO KLATEN

Eki Heryadi¹, Furaida Khasanah², Maryana³

^{1,2,3}Jurusan Keperawatan Poltekkes Kemenkes Yogyakarta

Jl. Tatabumi No. 3 Banyuraden, Gamping, Sleman, D. I. Yogyakarta

E-mail: ekihary@gmail.com

ABSTRAK

Latar belakang: Prevalensi penderitanya pun juga terus meningkat. Diabetes Mellitus merupakan sekelompok kelainan heterogen yang ditandai oleh kenaikan kadar glukosa dalam darah atau hiperglikemia. Berdasarkan register di Instalasi Rawat Inap RSUP Dr. Soeradji Tirtonegoro Klaten tahun 2022 didapatkan data ada 10 besar diagnosa medis pasien yang menjalani rawat inap diruang Melati 2. Urutan pertama yaitu pasien Diabetes 5,9%, Gagal Ginjal kronik 5,65%, Fraktur sebanyak 4,67%, anemia sebanyak 3,44%, typhoid 2,95%, infeksi 2,44%, CHF 2,44%, vertigo 2,21%, anoreksia geriatric 2,21% dan ca mammae 1,72%. Aktivitas olahraga merupakan salah satu pilar penatalaksanaan diabetes mellitus disamping edukasi, senam kaki diabetes, terapi gizi, dan intervensi farmakologis. Manfaat aktivitas olahraga bagi penderita diabetes mellitus antara lain meningkatkan penurunan kadar gula darah, mencegah kegemukan dengan cara membakar kalori tubuh sehingga glukosa darah bisa terpakai untuk energi. Dengan demikian kadar gulanya bisa turun. **Tujuan:** mampu menerapkan senam kaki diabetik pada pasien diabetes mellitus di ruang Melati 2 RSUP Dr. Soeradji Tirtonegoro Klaten Jawa Tengah dengan menggunakan landasan Evidence Based Nursing sebagai acuan dalam memberikan pelayanan asuhan keperawatan. **Metode:** Menggunakan metode studi kasus dengan menerapkan pendekatan proses keperawatan melalui penerapan teknik senam kaki diabetik 3 hari yang dilakukan 2x/hari selama 15-20 menit. **Hasil:** Pengkajian didapatkan data bahwa kedua klien mempunyai keluhan yang sama yaitu ketidakstabilan kadar glukosa darah berhubungan dengan hiperglikemia. **Kesimpulan:** Setelah kedua klien diberikan tindakan non farmakologis dengan senam kaki diabetik selama tiga hari didapatkan hasil terdapat penurunan nilai glukosa dalam darah sehingga masalah teratasi.

Kata Kunci: Senam kaki diabetes, Diabetes Mellitus, Penurunan glukosa dalam darah.

¹ Mahasiswa Pendidikan Profesi Ners Poltekkes Kemenkes Yogyakarta

^{2,3} Dosen Jurusan Keperawatan Poltekkes Kemenkes Yogyakarta.