

*APPLICATION OF DIABETIC FOOT EXERCISES  
IN TYPE II DIABETES MELLITUS PATIENTS  
AT PANEMBAHAN SENOPATI HOSPITAL*

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**ABSTRACT**

**Background:** *Diabetes Mellitus is a non-communicable disease that increases every year and can cause complications or is often referred to as the mother's disease. Efforts to reduce the prevalence of mortality due to diabetes mellitus can be done with non-pharmacological treatments such as diabetic foot exercises. Diabetic foot exercise is an option for lowering blood glucose because it is affordable and easy to do*

**Purpose:** *Applying diabetic foot exercises to type II diabetes mellitus patients at Panembahan Senopati Hospital*

**Method:** *Case study related to the application of diabetic foot exercises in patients with type 2 diabetes mellitus with two subjects, namely one patient who was given diabetic foot exercises and one patient who was not given diabetic foot exercises for three meetings*

**Results:** *The results of the study after the patient did diabetic foot exercises found that blood glucose levels fell from 161 mg/dL to 104 mg/dL with the problem of instability of blood glucose levels being resolved as evidenced by the achievement of goals and criteria for improved blood glucose levels in the range of 70-139 mg/dL. Whereas clients who were not given diabetic foot exercises found that their blood glucose levels fell from 395 mg/dL to 212 mg/dL, with the problem of instability of blood glucose levels that had not been resolved, as evidenced by not achieving goals with criteria for blood glucose levels not being in the range of 70-139mg/dL*

**Conclusion:** *The application of diabetic foot exercises can reduce temporary blood glucose levels from 161 mg/dL to 104 mg/dL with a percentage of 57%.*

**Keywords:** *diabetes mellitus, diabetic foot exercise, transient blood glucose*

PENERAPAN SENAM KAKI DIABETES PADA PASIEN DIABETES  
MELITUS TIPE II DI RSUD PANEMBAHAN SENOPATI

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**ABSTRAK**

**Latar Belakang:** Diabetes Mellitus merupakan salah satu penyakit tidak menular yang meningkat setiap tahun dan dapat menimbulkan komplikasi atau sering disebut sebagai *mother of disease*. Upaya menurunkan prevalensi angka kematian akibat penyakit diabetes mellitus dapat dilakukan dengan penanganan secara nonfarmakologis seperti senam kaki diabetes. Senam kaki diabetes menjadi salah satu pilihan untuk menurunkan glukosa darah karena biaya yang terjangkau dan mudah dilakukan

**Tujuan:** Menerapkan senam kaki diabetes pada pasien diabetes mellitus tipe II di RSUD Panembahan Senopati

**Metode:** Studi kasus terkait penerapan senam kaki diabetes pada pasien diabetes melitus tipe 2 dengan dua subjek yaitu satu pasien yang diberikan senam kaki diabetes dan satu pasien yang tidak diberikan senam kaki diabetes selama tiga kali pertemuan.

**Hasil:** Hasil penelitian setelah pasien melakukan senam kaki diabetes ditemukan bahwa kadar glukosa darah turun dari 161 mg/dL menjadi 104 mg/dL dengan masalah ketidakstabilan kadar glukosa darah teratasi yang dibuktikan dengan tercapainya tujuan dan kriteria kadar glukosa darah membaik dengan kisaran 70-139 mg/dL. Sedangkan klien yang tidak diberikan senam kaki diabetes ditemukan bahwa kadar glukosa darahnya turun dari 395 mg/dL menjadi 212 mg/dL, dengan masalah ketidakstabilan kadar glukosa darah yang belum teratasi, dibuktikan dengan tidak tercapainya tujuan dengan kriteria kadar glukosa darah tidak dalam kisaran 70-139 mg/dL

**Kesimpulan:** Penerapan senam kaki diabetes dapat menurunkan kadar glukosa darah sewaktu dari 161 mg/dL menjadi 104 mg/dL dengan persentase 57%

**Kata Kunci:** diabetes melitus, senam kaki diabetes, glukosa darah sewaktu