APPLICATION OF FOOT EXERCISES WITH INSTABILITY PROBLEMS OF BLOOD GLUCOSE LEVELS IN PATIENTS WITH DIABETES MELLITUS TYPE II IN THE WORKING AREA OF GAMPING HEALTH CENTER II

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ABSTRACT

Background: Diabetes mellitus occurs due to decreased sensitivity to insulin (insulin resistance) or due to decreased levels of insulin hormone production in the body. One of the pillars of non-pharmacological management of diabetes is to do physical exercise or sports, one of the therapies that can be done is diabetic foot exercise therapy. Foot exercise for people with diabetes mellitus is an activity or sport that is carried out to help improve blood circulation so that it can prevent foot injuries (gangrene) and can also improve blood glucose regulation.

Objective: This case study aims to determine the effect of the application of foot exercises on the stability of blood glucose levels in patients with type II diabetes mellitus.

Method: This case study method uses a descriptive design with a nursing process approach. This case study was carried out by observing and analyzing the application of foot exercises in the same case and being given the same action, then comparing the responses of the two patients.

Result: After being given diabetic foot exercise therapy for 6 visits for 2 weeks, it was found that there was a decrease in blood sugar levels in type II diabetes mellitus clients with an average of 160 mg/dl which was also supported by a good diet and adherence to taking blood sugar controlling drugs according to the doctor's recommendation.

Conclusion : There is an effect of foot exercise on the stability of blood glucose levels in patients with type II diabetes mellitus.

Keywords : Foot exercise, blood glucose, diabetes mellitus

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PENERAPAN SENAM KAKI DENGAN MASALAH KETIDAKSTABILAN KADAR GLUKOSA DARAH PADA PASIEN DIABETES MELITUS TIPE II DI WILAYAH KERJA PUSKESMAS GAMPING II

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ABSTRAK

Latar belakang: Diabetes melitus terjadi karena adanya penurunan sensitivitas terhadap insulin (resistensi insulin) atau karena penurunan kadar produksi hormon insulin dalam tubuh. Salah satu pilar penatalaksanaan diabetes secara nonfarmakologi adalah dengan melakukan latihan fisik atau olahraga, salah satu terapi yang dapat dilakukan yaitu senam kaki diabetes. Senam kaki bagi dilakukan untuk membantu melancarkan peredaran darah sehingga dapat mencegah terjadinya luka pada bagian kaki (gangren) dan juga dapat memperbaiki pengaturan glukosa darah.

Tujuan: Studi kasus ini bertujuan untuk mengetahui pengaruh penerapan senam kaki terhadap kestabilan kadar glukosa darah pada pasien diabetes melitus tipe II.

Metode: Metode studi kasus ini menggunakan desain deskriptif dengan pendekatan proses keperawatan. Studi kasus ini dilaksanakan dengan mengobservasi dan menganalisis penerapan senam kaki pada kasus yang sama dan diberi tindakan yang sama, kemudian membandingkan respon kedua pasien tersebut.

Hasil: Setelah diberikan terapi senam kaki diabetes sebanyak 6 kali kunjungan selama 2 minggu didapatkan hasil adanya penurunan kadar gula darah pada klien diabetes melitus tipe II dengan rata-rata sebesar 160 mg/dl yang juga didukung oleh diet yang baik dan kepatuhan dalam konsumsi obat pengontrol gula darah yang sesuai anjuran dokter.

Kesimpulan: Adanya pengaruh senam kaki terhadap kestabilan kadar glukosa darah pada pasien diabetes melitus tipe II.

Kata Kunci: Senam kaki**,** glukosa darah, diabetes melitus

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