

ABSTRAK

IMPLEMENTATION OF FOOT EXERCISES FOR REDUCING BLOOD GLUCOSE IN TYPE II DIABETES MELLITUS CLIENTS IN THE WORKING AREA OF THE BANTUL I PUSKESMAS

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Background: *Diabetes Mellitus is a metabolic disorder caused by a lack of the hormone insulin. Efforts to reduce the prevalence of deaths due to diabetes mellitus can be done with non-pharmacological treatments such as diabetic foot exercises. Diabetic foot exercises are an option for lowering blood glucose because they are affordable and easy to do*

Objective: *Apply diabetic foot exercises to patients with type II diabetes mellitus in the Bantul Community Health Center Work Area 1*

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

Results: *The results of the study after the patient did diabetic foot exercises showed that blood glucose levels fell from 216 mg/dL to 100 mg/dL with the problem of unstable blood glucose levels being resolved as evidenced by achieving the goals and criteria. to improve blood glucose levels in the range of 100-125 mg/dL. Meanwhile, clients who were not given diabetic foot exercises found their blood glucose levels fell from 245 mg/dL to 179 mg/dL, with the problem of unstable blood glucose levels not being resolved, as evidenced by not achieving the goals according to the criteria. for blood glucose levels not in the range of 100-125 mg/dL*

Conclusion: *Application of diabetic foot exercises can temporarily reduce blood glucose levels from 216 mg/dL to 100 mg/dL*

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

ABSTRAK

IMPLEMENTASI SENAM KAKI UNTUK PENURUNAN GLUKOSA DARAH PADA KLIEN DIABETES MELLITUS TIPE II DI WILAYAH KERJA PUSKESMAS BANTUL I

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Latar Belakang: Diabetes Melitus merupakan penyakit kelainan metabolisme yang disebabkan kurangnya hormon insulin . Upaya menurunkan prevalensi kematian akibat diabetes melitus dapat dilakukan dengan pengobatan non farmakologi seperti senam kaki diabetik. Senam kaki diabetik menjadi salah satu pilihan untuk menurunkan glukosa darah karena terjangkau dan mudah dilakukan

Tujuan: Menerapkan senam kaki diabetik pada pasien diabetes melitus tipe II di Wilayah Kerja Puskesmas Bantul 1

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

Hasil: Hasil penelitian setelah pasien melakukan senam kaki diabetik didapatkan kadar glukosa darah turun dari 216 mg/dL menjadi 100 mg/dL dengan masalah ketidakstabilan kadar glukosa darah teratasi yang dibuktikan dengan tercapainya tujuan dan kriteria. untuk perbaikan kadar glukosa darah pada kisaran 100-125 mg/dL. Sedangkan pada klien yang tidak diberikan senam kaki diabetik didapatkan kadar glukosa darahnya turun dari 245 mg/dL menjadi 179 mg/dL, dengan permasalahan ketidakstabilan kadar glukosa darah yang belum teratasi, dibuktikan dengan tidak tercapainya tujuan sesuai kriteria. untuk kadar glukosa darah tidak berada pada kisaran 100-125 mg/dL

Kesimpulan: Implementasi senam kaki diabetik dapat menurunkan kadar glukosa darah untuk sementara dari 216 mg/dL menjadi 100 mg/dL

Kata kunci: diabetes melitus, senam kaki, glukosa darah