

CASE STUDY REPORT

IMPLEMENTATION OF FOOT EXERCISES IN TYPE II DIABETES MELLITUS PATIENTS TO INCREASE ANKLE BRACHIAL INDEX VALUE IN THE WORKING AREA OF SEWON I HEALTH CENTER

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ABSTRACT

Background: Diabetes mellitus at the Sewon I Community Health Center from January to October 2023 had a total of around 3,592 diabetes mellitus patients. Foot exercises are exercises carried out by diabetes mellitus sufferers or non-diabetes mellitus sufferers which are useful for preventing diabetic wounds and helping stimulate blood circulation in the feet.

Objective: To be able to apply diabetic foot exercises to increase ABI values in type II diabetes mellitus patients in the Sewon I Community Health Center Working Area.

Method: Case study involving 2 patients with type II diabetes mellitus. Instruments include foot exercise SOPs and ABI SOPs. Foot exercises are done for 10 minutes three times a week.

Results: The data obtained from the assessment showed that both clients experienced a decrease in ABI values, and it was found that the priority problem of ineffective peripheral perfusion was related to hyperglycemia. After carrying out diabetic foot exercises, the nursing problem was partially resolved with an increase in ABI values.

Discussion: The results of this study are in line with previous research which explains that diabetic foot exercises have an effect on increasing ABI values because they provide better changes in the range of motion of the joints.

Conclusion: Implementation of physical exercise education: foot exercises in diabetes mellitus patients are effective in increasing the ankle brachial index value.

Keywords: Diabetic Foot Exercises, Type II Diabetes Mellitus, Increased ABI Values

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LAPORAN STUDI KASUS

IMPLEMENTASI SENAM KAKI PADA PASIEN DIABETES MELITUS TIPE II UNTUK MENINGKATKAN NILAI *ANKLE BRACHIAL INDEX* DI WILAYAH KERJA PUSKESMAS SEWON I

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ABSTRAK

Latar belakang: Diabetes melitus di Puskesmas Sewon I pada bulan Januari sampai dengan Oktober 2023 total pasien diabetes melitus sekitar 3.592 pasien. Senam kaki merupakan olahraga yang dilakukan penderita diabetes melitus atau bukan penderita diabetes melitus yang berguna untuk mencegah luka diabetik dan membantu menstimulasi peredaran darah pada bagian kaki.

Tujuan: Mampu menerapkan senam kaki diabetes untuk meningkatkan nilai ABI pada pasien diabetes melitus tipe II di Wilayah Kerja Puskesmas Sewon I

Metode: Studi kasus yang melibatkan 2 pasien dengan Diabetes Melitus tipe II. Instrumen berupa SOP senam kaki dan SOP ABI. Senam Kaki dilakukan selama 10 menit selama tiga kali seminggu.

Hasil: Pengkajian didapatkan data bahwa kedua klien mengalami penurunan nilai ABI, dengan didapatkan prioritas masalah perfusi perifer tidak efektif berhubungan dengan Hiperglikemia, setelah dilakukan senam kaki diabetes masalah keperawatan teratasi sebagian dengan terjadi peningkatan nilai ABI.

Pembahasan: Hasil penelitian ini sejalan dengan penelitian sebelumnya yang menjelaskan jika senam kaki diabetes berpengaruh untuk meningkatkan nilai ABI karena memberikan perubahan yang lebih baik pada rentang gerak sendinya.

Kesimpulan: Implementasi edukasi latihan fisik : senam kaki pada pasien diabetes melitus efektif untuk meningkatkan nilai *ankle brachial index*.

Kata Kunci : Senam Kaki Diabetes, Diabetes Melitus Tipe II, Peningkatan Nilai ABI

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