

**IMPLEMENTATION OF DIABETIC FOOT IMPLANTATION IN FAMILY  
MEMBERS OF PATIENTS WITH DIABETES THROUGH TYPE II  
IN THE WORKPLACE OF SANDEN HEALTH CENTER**

Nur Fatimah<sup>1</sup>, Bondan Palestin<sup>2</sup>  
Yogyakarta Ministry Health Politechnic Department of Nursing  
Tatabumi St No. 3 Banyuraden, Gamping, Sleman  
Email : [fatimahalifah48@gmail.com](mailto:fatimahalifah48@gmail.com)

**ABSTRACT**

**Background:** *Diabetes mellitus can be controlled with four pillars of diabetes management including education, diet, physical exercise, and exercise as well as compliance with treatment involving families. Exercising diabetic legs regularly three times a week has been shown to lower blood glucose levels.*

**Objective:** *Implement foot gymnastics on family members with type 2 diabetes mellitus in the Puskesmas Sanden Working Region. Method: A method of research that is descriptive in the form of a case study of two clients in the family who have type II diabetes Mellitus problems in the Sanden Puskésmas Working Area. Focus on the implementation of diabetic foot gymnastics using a family nursing orphanage approach that includes examination, nurse diagnosis, planning, implementation, and evaluation.*

**Result:** *The goal of family nursing on both clients is fully achieved. Implementation of diabetic foot exercises is effective in lowering blood glucose levels and improving family health management after being given four pillars of diabetes management health education as well as family support.*

**Conclusion:** *Implementing diabetic foot exercises can lower blood glucose levels in family members with family support and observation of diet and physical activity.*

**Keywords:** *Diabetes Melitus, Diabetes Foot Exercise, In Family*

<sup>1</sup> *Nursing Student of Yogyakarta Ministry Health Politechnic*

<sup>2</sup> *Lecturers of Yogyakarta Ministry Health Politechnic*

**IMPLEMENTASI SENAM KAKI DIABETES PADA ANGGOTA  
KELUARGA PENYANDANG DIABETES MELITUS TIPE II  
DI WILAYAH KERJA PUSKESMAS SANDEN**

Nur Fatimah<sup>1</sup>, Bondan Palestin<sup>2</sup>  
Jurusan Keperawatan Poltekkes Kemenkes Yogyakarta  
Jl. Tatabumi No. 3 Banyuraden, Gamping, Sleman  
Email : [fatimahalifah48@gmail.com](mailto:fatimahalifah48@gmail.com)

**ABSTRAK**

**Latar Belakang :** Diabetes Melitus dapat dikendalikan dengan empat pilar manajemen diabetes melitus berupa edukasi, diet, latihan fisik, dan olahraga serta kepatuhan pengobatan dengan melibatkan keluarga. Olahraga berupa senam kaki diabetes secara rutin tiga kali seminggu terbukti menurunkan kadar glukosa darah.

**Tujuan :** Mengimplementasikan senam kaki pada anggota keluarga penyandang diabetes melitus tipe 2 di Wilayah Kerja Puskesmas Sanden.

**Metode :** Metode penelitian yang bersifat deskriptif dalam bentuk studi kasus pada dua klien dalam keluarga yang memiliki masalah Diabetes Melitus Tipe II di Wilayah Kerja Puskesmas Sanden. Berfokus pada implementasi senam kaki diabetes dengan menggunakan pendekatan asuhan keperawatan keluarga meliputi pengkajian, diagnosis keperawatan, perencanaan, pelaksanaan, dan evaluasi.

**Hasil :** Tujuan asuhan keperawatan keluarga pada kedua klien tercapai seluruhnya. Implementasi senam kaki diabetes efektif untuk menurunkan kadar glukosa darah dan peningkatan manajemen kesehatan keluarga setelah diberikan edukasi kesehatan empat pilar manajemen diabetes melitus serta dukungan keluarga.

**Kesimpulan :** Implementasi senam kaki diabetes dapat menurunkan kadar glukosa darah sewaktu pada anggota keluarga dengan dukungan keluarga dan memperhatikan pola makan dan aktivitas fisik.

**Kata Kunci :** Diabetes Melitus, Senam Kaki Diabetes, Pada Keluarga

<sup>1</sup> Mahasiswa Jurusan Keperawatan Poltekkes Kemenkes Yogyakarta

<sup>2</sup> Dosen Jurusan Keperawatan Poltekkes Kemenkes Yogyakarta