

# APPLICATION OF FOOT EXERCISES IN ELDERLY WITH DIABETES MELLITUS IN FULFILLING PHYSICAL ACTIVITY NEEDS AT WORKING AREA OF PUSKESMAS GAMPING I

Agusta Adhie Pradana<sup>1</sup>, Nunuk Sri Purwanti<sup>2</sup>

Nursing Department, Health Polytechnic of the Ministry of Health in Yogyakarta  
Tatabumi street No. 3, Banyuraden, Gamping, Sleman  
E-mail : [pradanaagusta@gmail.com](mailto:pradanaagusta@gmail.com)

## ABSTRACT

**Background:** Diabetes mellitus is a metabolic disorder that is chronic or chronic because the body experiences a lack of the hormone insulin. One of the signs of diabetes mellitus patients is experiencing increased blood sugar levels. One type of physical exercise recommended for patients with diabetes mellitus is diabetic foot exercises.

**Objective:** The real experience was obtained regarding the application of foot exercises in meet physical activity needs in two elderly people with diabetes mellitus in Kalimanjung hamlet in the working area of the Puskesmas Gamping I..

**Methods:** The author uses the case study method by conducting interviews, observations, physical examinations and dokumentation using the gerontic nursing care process approach.

**Results:** After reviewing and analyzing the data, 2 nursing diagnoses were obtained, instability of blood sugar levels and namely lack of knowledge. The interventions carried out include education about DM and foot exercises as well as monitoring blood sugar levels. Implementation is carried out based on intervention during 5 visits and evaluation is carried out at the end of each implementation.

**Conclusion:** After the patient was given the application of foot exercises for 3x a week obtained increased physical activity and changes in blood sugar levels were found.

**Keywords:** foot exercise, diabetes mellitus, elderly.

- <sup>1)</sup> Professional Education Student of Ners Poltekkes Kemenkes Yogyakarta  
<sup>2)</sup><sup>3)</sup> Lecturers of the Department of Nursing Poltekkes Kemenkes Yogyakarta

# **PENERAPAN SENAM KAKI PADA LANSIA PENDERITA DIABETES MELITUS DALAM PEMENUHAN KEBUTUHAN AKTIVITAS FISIK DI WILAYAH KERJA PUSKESMAS GAMPING I**

Agusta Adhie Pradana<sup>1</sup>, Nunuk Sri Purwanti<sup>2</sup>  
Jurusan Keperawatan Poltekkes Kemenkes Yogyakarta, Jl. Tatabumi No. 3,  
Banyuraden, Gamping, Sleman  
E-mail: [pradanaagusta@gmail.com](mailto:pradanaagusta@gmail.com)

## **ABSTRAK**

**Latar Belakang:** Diabetes melitus adalah suatu kondisi gangguan metabolic yang bersifat kronis atau menahun karena tubuh mengalami kekurangan hormon insulin. Salah satu tanda pasien diabetes melitus adalah mengalami peningkatan kadar gula darah. Salah satu jenis Latihan fisik yang disarankan untuk pasien dengan diabetes melitus adalah senam kaki diabetic.

**Tujuan:** Diperoleh pengalaman nyata mengenai penerapan senam kaki dalam memenuhi kebutuhan aktivitas fisik pada dua lansia dengan diabetes melitus di dukuh Kalimantan wilayah kerja Puskesmas Gamping I.

**Metode:** Penulis menggunakan metode studi kasus dengan melakukan wawancara, observasi, pemeriksaan fisik dan pendokumentasian menggunakan pendekatan proses asuhan keperawatan gerontik.

**Hasil:** Setelah dilakukan pengkajian dan analisa data didapatkan 2 diagnosa keperawatan yaitu ketidakstabilan kadar gula darah dan defisit pengetahuan. Intervensi yang dilakukan yaitu edukasi tentang DM dan senam kaki serta pemantauan kadar gula darah. Implementasi dilakukan berdasarkan intervensi selama 5x kunjungan dan evaluasi dilaksanakan setiap akhir melakukan implementasi.

**Kesimpulan:** Setelah pasien diberikan penerapan senam kaki selama 3x dalam seminggu didapatkan peningkatan aktivitas fisik dan perubahan kadar gula darah .

**Kata Kunci:** Senam Kaki, Diabetes Melitus, Lansia.

<sup>1)</sup> Mahasiswa Pendidikan Profesi Ners Poltekkes Kemenkes Yogyakarta

<sup>2)3)</sup> Dosen Jurusan Keperawatan Poltekkes Kemenkes Yogyakarta

