

**PENERAPAN SENAM KAKI DIABETES MELLITUS DALAM
PEMEMUHAN KEBUTUHAN SIRKULASI: PENINGKATAN SKOR
NEUROPATI PERIFER PASIEN DIABETES MELLITUS
DI RSUD TJITROWARDOJO PURWOREJO**

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ABSTRAK

Latar Belakang : Komplikasi kronis yang sering terjadi pada penderita diabetes mellitus antara lain neuropati diabetik. Neuropati merupakan penyakit yang mempengaruhi semua jenis saraf, seperti saraf sensorik, motorik dan otonom, yang paling sering terjadi pada tubuh perifer. Intervensi paling efektif dan berpengaruh adalah latihan kaki. Senam kaki dapat membantu penderita diabetes melitus untuk memperbaiki masalah peredaran darah di kaki.

Tujuan : Diketahui penerapan senam kaki diabetes mellitus dalam pemenuhan kebutuhan sirkulasi: peningkatan skor neuropati perifer pasien diabetes mellitus di RSUD Tjitrowardojo Purworejo.

Metode Penelitian : Jenis Penelitian ini adalah deskriptif kualitatif dengan pendekatan yang digunakan yaitu asuhan keperawatan. Intervensi yang diberikan adalah senam kaki diabetes. Responden dalam penelitian ini adalah pasien diabetes melitus dengan neuropati perifer yang rawat inapdi RSUD Tjitrowardojo Purworejo. Instrumen penelitian yang digunakan adalah lembar monitor neuropati perifer, monofilament 10 G dan kertas koran.

Hasil Penelitian : Hasil studi kasus menunjukkan bahwa telah diterapkan asuhan keperawatan dan terdapat peningkatan skor neuropati perifer sebelum dan sesudah penerapan senam kaki diabetes.

Kesimpulan : Senam kaki diabetes memiliki pengaruh terhadap peningkatan skor neuropati perifer pasien diabetes mellitus.

Kata Kunci : neuropati perifer, senam kaki diabetes, diabetes mellitus

**APPLICATION OF FOOT EXERCISE IN DIABETES MELLITUS TO MEET
CIRCULATION NEEDS: IMPROVEMENT OF PERIPHERAL
NEUROPATHY SCORE IN DIABETES MELLITUS PATIENTS
AT TJITROWARDOJO HOSPITAL PURWOREJO**

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ABSTRACT

Background: *Chronic complications that often occur in patients with diabetes mellitus include diabetic neuropathy. Neuropathy is a disease that affects all types of nerves, such as sensory, motor and autonomic nerves, which most often occurs in the peripheral body. The most effective and influential intervention is foot exercise. Foot exercise can help patients with diabetes mellitus to improve blood circulation problems in the feet.*

Objective: *To determine the application of foot exercise for diabetes mellitus in meeting circulation needs: increasing the peripheral neuropathy score of patients with diabetes mellitus at Tjitrowardojo Purworejo Hospital.*

Research Method: *This type of research is descriptive qualitative with the approach used, namely nursing care. The intervention given is diabetic foot exercise. Respondents in this study were patients with diabetes mellitus with peripheral neuropathy who were hospitalized at Tjitrowardojo Purworejo Hospital. The research instruments used were peripheral neuropathy monitor sheets, 10 G monofilament and newspaper.*

Research Results: *The results of the case study showed that nursing care had been implemented and there was an increase in the peripheral neuropathy score before and after the application of diabetic foot exercise.*

Conclusion: *Diabetic foot exercise has an effect on increasing the peripheral neuropathy score of diabetes mellitus patients.*

Keywords: *peripheral neuropathy, diabetic foot exercise, diabetes mellitus.*