

IMPLEMENTATION OF DIABETIC FOOT EXERCISES TO IMPROVE PERIPHERAL PERFUSION IN TYPE II DIABETES MELLITUS PATIENTS AT DR. S. HARDJOLUKITO AU RSPA, YOGYAKARTA

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ABSTRACT

Background : Type 2 diabetes mellitus is a chronic metabolic disease that can cause impaired peripheral perfusion due to prolonged hyperglycemia. One non-pharmacological intervention that can help improve peripheral perfusion is diabetic foot exercises.

Objective : To determine patient responses after implementing diabetic foot exercises in type 2 diabetes mellitus patients with ineffective peripheral perfusion nursing problems.

Methods : This study used a descriptive case study method in two patients with type 2 diabetes mellitus who presented with ineffective peripheral perfusion nursing care at Dr. S. Hardjolukito General Hospital, Yogyakarta. Diabetic foot exercises were implemented for three consecutive days, once daily, for approximately 10 minutes. Data were collected through interviews, observations, physical examinations, and documentation.

Results : After three days of diabetic foot exercises, peripheral perfusion improved in both patients, as indicated by an increase in the ankle-brachial index (ABI), more even skin tone, and a reduction in tingling and discomfort in the lower extremities.

Conclusion : The implementation of diabetic foot exercises demonstrated improved peripheral perfusion in patients with type 2 diabetes mellitus who presented with ineffective peripheral perfusion nursing care.

Keywords : type 2 diabetes mellitus, ineffective peripheral perfusion, diabetic foot exercises, ankle-brachial index.

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PENERAPAN SENAM KAKI DIABETIK SEBAGAI UPAYA PENINGKATAN PERFUSI PERIFER PASIEN DIABETES MELITUS TIPE II DI RSPAU DR. S. HARDJOLUKITO YOGYAKARTA

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INTISARI

Latar belakang : Diabetes melitus tipe 2 merupakan penyakit metabolik kronis yang dapat menyebabkan gangguan perfusi perifer akibat hiperglikemia yang berlangsung lama. Salah satu intervensi nonfarmakologis yang dapat membantu meningkatkan perfusi perifer adalah senam kaki diabetik.

Tujuan : Mengetahui respon pasien setelah dilakukan penerapan senam kaki diabetik pada pasien diabetes melitus tipe 2 dengan masalah keperawatan perfusi perifer tidak efektif.

Metode : Penelitian ini menggunakan metode studi kasus deskriptif pada dua pasien diabetes melitus tipe 2 dengan masalah keperawatan perfusi perifer tidak efektif di RSPAU dr. S. Hardjolukito Yogyakarta. Implementasi senam kaki diabetik dilakukan selama tiga hari berturut-turut dengan frekuensi satu kali sehari selama kurang lebih 10 menit. Pengumpulan data dilakukan melalui wawancara, observasi, pemeriksaan fisik, dan studi dokumentasi.

Hasil : Setelah dilakukan penerapan senam kaki diabetik selama tiga hari, terdapat peningkatan perfusi perifer pada kedua pasien yang ditandai dengan peningkatan nilai ankle brachial index (ABI), warna kulit tampak lebih merata, serta berkurangnya keluhan kesemutan dan rasa tidak nyaman pada ekstremitas bawah.

Kesimpulan : Penerapan senam kaki diabetik menunjukkan adanya peningkatan perfusi perifer pada pasien diabetes melitus tipe 2 dengan masalah keperawatan perfusi perifer tidak efektif.

Kata Kunci : diabetes melitus tipe 2, perfusi perifer tidak efektif, senam kaki diabetik, ankle brachial index.

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