

ABSTRAK

Diabetes Melitus adalah penyakit menahun (kronis) berupa gangguan metabolik yang ditandai dengan kadar gula darah dalam tubuh tidak stabil. Penanganan menstabilkan kadar gula darah dapat dibantu juga dengan nonfarmakologi selain dengan bantuan obat-obatan, salah satunya senam kaki diabetes melitus yang mudah dan dapat dilakukan pasien secara mandiri. Tujuan dilakukannya studi kasus ini untuk mengetahui efektivitas intervensi senam kaki diabetes melitus terhadap penurunan kadar gula darah, terhadap nilai ankle brachial indeks, dan sensitivitas kaki metode *pretest-posttest* pengambilan sampel *case study* dengan cara senam kaki diabetes melitus selama 15-20 menit dilakukan selama 3 hari frekuensi 1 kali dalam sehari. Pada kasus ini diagnosa yang muncul ada 3 diantaranya, risiko kerusakan integritas kulit, ketidak stabilan kadar gula darah dan defisit pengetahuan. Intervensi yang dilakukan pada diagnosa pertama yaitu ketidak stabilan kadar gula darah dengan senam kaki diabetes melitus. Hasil sebelum dilakukan senam kaki diabetes melitus kadar gula darah sewaktu pada klien sekitar 165mg/dl dan setelah dilakukan intervensi senam kaki diabetes kadar gds sekitar 150mg/dl. Selain penurunan kadar gula darah, nilai *ankle brachial indeks* mempengaruhi juga pada hari pertama nilai *ankle brachial indeks* sekitar 0,92 setelah 3 hari diberikan nilai *ankle brachial indeks* menjadi 0,98, serta berpengaruh kepada sensitivitas kaki dimana hari pertama sensitivitas kaki hanya pada 6 titik dan setelah 3 hari diberikan senam kaki sensitivitas meningkat menjadi 8 titik. Kesimpulan setelah dilakukan senam kaki diabetes melitus selama 3 hari dengan durasi 15-20 menit/hari terdapat pengaruh terhadap penurunan kadar gula darah, nilai *ankle brachial indeks*, dan sensitivitas kaki.

Kata kunci : Diabetes melitus, senam kaki diabetes melitus.

Daftar pustaka : Buku 4 (2016-2019)
Jurnal 20 (2014-2024)

ABSTRACT

Diabetes Mellitus is a chronic disease in the form of a metabolic disorder characterized by unstable blood sugar levels in the body. Handling to stabilize blood sugar levels can also be helped non-pharmacologically apart from medication, one of which is diabetes mellitus foot exercises which are easy and can be done by patients independently. The aim of this case study was to determine the effectiveness of the diabetes mellitus foot exercise intervention on reducing blood sugar levels, the ankle brachial index value, and foot sensitivity using the pretest-posttest case study sampling method by means of diabetes mellitus foot exercises for 15-20 minutes carried out for 3 days with a frequency of once a day. In this case, there were 3 diagnoses that emerged, including unstable blood sugar levels, risk of damage to skin integrity, and knowledge deficit. The intervention carried out at the first diagnosis was unstable blood sugar levels with diabetes mellitus foot exercises. The results before the diabetes mellitus foot exercise were carried out, the client's blood sugar level was around 165mg/dl and after the diabetes mellitus foot exercise intervention, the gds level was around 150mg/dl. Apart from decreasing blood sugar levels, the ankle brachial index value also affects the first day, the ankle brachial index value is around 0.92, after 3 days of being given the ankle brachial index value becomes 0.98, and also affects the sensitivity of the feet, where on the first day the sensitivity of the feet is only at 6 points and after 3 days of giving foot exercises the sensitivity increases to 8 points. Conclusion: After doing diabetes mellitus foot exercises for 3 days with a duration of 15-20 minutes/day, there was an effect on reducing blood sugar levels, ankle brachial index values, and foot sensitivity.

Keywords: Diabetes mellitus, diabetes mellitus foot exercise.

Bibliography: Book 4 (2016-2019)

Journal 20 (2014-2024)