

**ASUHAN KEPERAWATAN PADA PASIEN DIABETES MELLITUS
(DM TIPE II) DENGAN PENERAPAN TEKNIK SENAM KAKI
DIABETES DI RUANG SAFIR UOBK RSUD
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ABSTRAK

Latar Belakang: Diabetes Mellitus (DM) tipe II adalah penyakit metabolik kronis akibat gangguan sekresi maupun kerja insulin, ditandai dengan hiperglikemia. DM tipe II berisiko menimbulkan komplikasi serius seperti neuropati perifer, ulkus diabetikum, gangguan sirkulasi darah, retinopati, nefropati, hingga penyakit kardiovaskular. Salah satu intervensi nonfarmakologis yang dianjurkan adalah senam kaki diabetes, karena dapat memperbaiki sirkulasi darah perifer, meningkatkan kekuatan otot, serta mencegah luka pada ekstremitas bawah. **Tujuan:** Melakukan asuhan keperawatan pada pasien DM tipe II melalui penerapan senam kaki diabetes sebagai intervensi nonfarmakologis untuk menurunkan kadar glukosa darah dan meningkatkan sirkulasi perifer. **Metode:** Penelitian ini menggunakan desain deskriptif kualitatif dengan pendekatan studi kasus dengan tahapan pengkajian, diagnosis, intervensi, implementasi, dan evaluasi terhadap 2 responden dengan (DM) tipe II. Adapun instrument yang digunakan adalah Standar Operasional Prosedur (SOP), Leaflet dan perlengkapan terapi. **Hasil:** Hasil penelitian dari kedua responden bahwa setelah dilakukan intervensi menunjukkan adanya penurunan kadar glukosa darah, perbaikan sirkulasi darah perifer, serta penurunan keluhan kesemutan dan rasa kebas pada kaki. **Kesimpulan:** Senam kaki diabetes terbukti efektif sebagai terapi nonfarmakologis untuk menurunkan kadar glukosa darah, memperbaiki sirkulasi darah perifer, serta meningkatkan kenyamanan pada pasien. **Saran:** Senam kaki dapat dijadikan sebagai intervensi rutin pada pasien diabetes mellitus tipe II guna mencegah komplikasi perifer, khususnya gangguan sirkulasi dan neuropati. Selain itu, senam kaki dapat dilakukan secara mandiri oleh pasien di rumah sebagai bagian dari perawatan berkelanjutan yang efektif dalam mengontrol kadar gula darah dan meningkatkan kualitas hidup pasien.

Kata Kunci: Diabetes Mellitus Tipe II, Ketidakstabilan Kadar Glukosa Darah, Senam Kaki Diabetes, Asuhan Keperawatan.

Daftar Pustaka: 11 Buku (2019–2024), 7 Jurnal, 5 Artikel.

**NURSING CARE FOR PATIENTS WITH TYPE II DIABETES
MELLITUS THROUGH THE IMPLEMENTATION OF DIABETIC
FOOT EXERCISES IN THE SAFIR WARD
UOBK RSUD Dr. SLAMET GARUT
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ABSTRACT

Background: Type II Diabetes Mellitus (DM) is a chronic metabolic disease caused by impaired insulin secretion and/or insulin action, characterized by hyperglycemia. Type II DM carries a high risk of serious complications such as peripheral neuropathy, diabetic ulcers, impaired blood circulation, retinopathy, nephropathy, and cardiovascular disease. One recommended non-pharmacological intervention is diabetic foot exercise, which can improve peripheral blood circulation, increase muscle strength, and prevent injuries to the lower extremities. **Objective:** To provide nursing care to patients with type II DM through the implementation of diabetic foot exercise as a non-pharmacological intervention aimed at lowering blood glucose levels and improving peripheral circulation. **Method:** This study used a descriptive qualitative design with a case study approach, involving the stages of assessment, diagnosis, intervention, implementation, and evaluation on two respondents with type II DM. Instruments used included Standard Operating Procedures (SOP), educational leaflets, and therapy equipment. **Results:** The results from both respondents showed a decrease in blood glucose levels, improvement in peripheral blood circulation, and a reduction in complaints such as tingling and numbness in the feet after the intervention. **Conclusion:** Diabetic foot exercise has been proven effective as a non-pharmacological therapy to lower blood glucose levels, improve peripheral blood circulation, and enhance patient comfort. **Recommendation:** Foot exercises can be used as a routine intervention for patients with type II diabetes mellitus to prevent peripheral complications, especially circulatory disorders and neuropathy. Additionally, foot exercises can be performed independently by patients at home as part of ongoing care that is effective in controlling blood sugar levels and improving the patients' quality of life.

Keywords: Type II Diabetes Mellitus, Unstable Blood Glucose Levels, Diabetic Foot Exercises, Nursing Care.

References: 11 Books (2019–2024), 7 Journals, 5 Article