

**ASUHAN KEPERAWATAN PADA PASIEN DIABETES MELLITUS TIPE II
DENGAN PENERAPAN SENAM KAKI DIABETIK DI RUANG
AGATE ATAS UOBK RSUD dr. SLAMET GARUT
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ABSTRAK

Latar Belakang: Diabetes Mellitus Tipe II merupakan penyakit metabolik kronis dengan prevalensi tinggi yang terus meningkat dan menjadi penyebab kematian utama di dunia. Jika tidak ditangani dengan baik, kondisi ini dapat menimbulkan komplikasi serius, termasuk ulkus diabetikum. Salah satu intervensi pencegahan komplikasi adalah senam kaki diabetik, yaitu metode non-farmakologis untuk meningkatkan sirkulasi perifer dan menurunkan kadar glukosa darah. **Tujuan Penelitian:** Penelitian ini bertujuan untuk melakukan asuhan keperawatan pada pasien Diabetes Mellitus Tipe II dengan penerapan senam kaki diabetik di Ruang Agate Atas UOBK RSUD dr. Slamet Garut. **Metode Penelitian:** Penelitian ini menggunakan metode deskriptif kualitatif dengan pendekatan studi kasus pada dua pasien Diabetes Mellitus Tipe II. Intervensi utama adalah senam kaki diabetik sebanyak tiga kali dalam seminggu dengan durasi 15–20 menit. Instrumen yang digunakan berupa format asuhan keperawatan dasar, informed consent, SOP senam kaki diabetik, dan *Leaflet* edukatif. **Hasil:** Setelah dilakukan intervensi senam kaki diabetik selama tiga kali dalam seminggu, kedua pasien menunjukkan penurunan kadar glukosa darah yang signifikan. Pada pasien 1 kadar glukosa darah menurun dari 280 mg/dl menjadi 168 mg/dl, sedangkan pada pasien 2 dari 240 mg/dl menjadi 157 mg/dl. Selain itu pasien juga merasakan perbaikan sirkulasi perifer, serta penurunan gejala neuropati. **Kesimpulan:** Senam kaki diabetik terbukti efektif sebagai intervensi keperawatan non-farmakologis dalam mengontrol kadar glukosa darah, mencegah komplikasi kaki diabetik. Sehingga masalah ketidakstabilan kadar glukosa darah teratasi sebagian. **Saran:** Penelitian ini disarankan sebagai bahan informasi tambahan dan masukan bagi tenaga kesehatan dalam menerapkan latihan senam kaki diabetik pada penatalaksanaan pasien Diabetes Mellitus Tipe II.

Kata Kunci : Asuhan Keperawatan Dasar, Diabetes Mellitus Tipe II, Kadar Glukosa Darah, Resistensi Insulin, Senam Kaki Diabetik

Referensi : 9 Buku (2019-2021), 3 Internet, 19 jurnal (2021-2024)

***NURSING CARE FOR PATIENTS WITH TYPE II DIABETES MELLITUS WITH
THE IMPLEMENTATION OF DIABETIC FOOT EXERCISES IN THE
UPPER AGATE WARD OF UOBK, Dr. SLAMET GARUT
REGIONAL HOSPITAL IN 2025***

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ABSTRACT

Background: Type II Diabetes Mellitus is a chronic metabolic disease with a high and rising prevalence and has become one of the leading causes of death worldwide. If not managed properly, this condition can lead to serious complications, including diabetic foot ulcers. One of the interventions to prevent complications is diabetic foot exercise, which is a non-pharmacological method to improve peripheral circulation and reduce blood glucose levels. **Research purposes:** This study aims to provide nursing care for patients with Type II Diabetes Mellitus through the implementation of diabetic foot exercises in the Upper Agate Ward of UOBK RSUD Dr. Slamet Garut. **Research methods:** This study uses a descriptive qualitative method with a case study approach for two patients with Type II Diabetes Mellitus. The main intervention is diabetic foot exercises conducted three times a week, each session lasting 15–20 minutes. The instruments used include a basic nursing care format, informed consent, standard operating procedures (SOP) for diabetic foot exercises, and educational Leaflets. **Results:** After the diabetic foot exercise intervention was carried out three times a week, both patients showed a significant decrease in blood glucose levels. In patient 1, blood glucose levels decreased from 280 mg/dL to 168 mg/dL, while in patient 2, from 240 mg/dL to 157 mg/dL. In addition, the patients also experienced improved peripheral circulation and a reduction in neuropathy symptoms. **Conclusion:** Diabetic foot exercises have proven effective as a non-pharmacological nursing intervention in controlling blood glucose levels and preventing diabetic foot complications. As a result, the problem of blood glucose level instability was partially resolved. **Suggestion:** This research is recommended as additional information and input for health workers in implementing diabetic foot exercise in the management of Type II Diabetes Mellitus patients.

Keywords : Basic Nursing Care, Type II Diabetes Mellitus, Blood Glucose Level, Insulin Resistance, Diabetic Foot Exercise

References : 9 Books (2019–2021), 3 Internet Sources, 19 Journals (2021–2024)