

ABSTRAK

PENERAPAN SENAM KAKI DIABETES DALAM MENCEGAH RISIKO NEUROPATI PERIFER PADA PASIEN DIABETES MELLITUS DI PUSKESMAS MACCINI SAWAH

¹Sukriandi, ²Rizqy Iftitah Alam, ³Sudarman, ⁴Tutik Agustini
^{1,2,3,4}Program Studi Pendidikan Profesi Ners, Fakultas Kesehatan
Masyarakat, Universitas Muslim Indonesia.
sukriandi1201@gmail.com

Latar Belakang: Diabetes Mellitus (DM) merupakan penyakit metabolik kronis yang ditandai dengan hiperglikemia akibat gangguan sekresi insulin. DM dapat menimbulkan berbagai komplikasi kronis, salah satunya neuropati perifer, yang berdampak pada penurunan perfusi perifer, kesemutan, hingga ulkus diabetikum. Senam kaki diabetes merupakan intervensi non-farmakologis yang terbukti efektif dalam meningkatkan sirkulasi darah, memperkuat otot, menjaga kelenturan sendi, dan mencegah kerusakan saraf perifer. **Tujuan:** Mengetahui penerapan senam kaki diabetes dalam mencegah risiko neuropati perifer pada pasien DM di wilayah kerja Puskesmas Maccini Sawah. **Metode:** Penelitian ini menggunakan pendekatan studi kasus pada pasien dengan riwayat DM lebih dari 10 tahun. Intervensi berupa senam kaki diabetes dilakukan 2 kali sehari dengan durasi 15 menit persesi selama 3 hari berturut-turut. Data dikumpulkan melalui wawancara, observasi, dan pemeriksaan fisik meliputi pengisian kapiler, nadi perifer, suhu akral, serta kadar glukosa darah. **Hasil:** Pasien yang sebelumnya mengeluhkan lemas, poliuria, serta kesemutan pada kedua kaki menunjukkan perbaikan setelah melakukan senam kaki. Nilai ABI meningkat dari 0,7 menjadi 1,2, pengisian kapiler membaik (<3 detik), nadi dorsalis pedis lebih kuat, akral hangat, keluhan kesemutan berkurang, dan kadar glukosa darah menurun dari 193 mg/dL menjadi 162 mg/dL. **Kesimpulan:** Senam kaki diabetes efektif dalam memperbaiki perfusi perifer dan menurunkan risiko neuropati perifer pada pasien DM. Intervensi ini sederhana, murah, dapat dilakukan secara mandiri, serta berpotensi menjadi bagian dari program promotif dan preventif di tingkat pelayanan kesehatan primer.

Kata Kunci: Diabetes Mellitus, Senam Kaki, Neuropati Perifer, Perfusi Perifer.

ABSTRACT

THE APPLICATION OF DIABETIC FOOT EXERCISES IN PREVENTING THE RISK OF PERIPHERAL NEUROPATHY IN DIABETES MELLITUS PATIENTS AT THE MACCINI SAWAH COMMUNITY HEALTH CENTER

¹Sukriandi, ²Rizqy Iftitah Alam, ³Sudarman, ⁴Tutik Agustini

^{1,2,3,4}Program Studi Pendidikan Profesi Ners, Fakultas Kesehatan Masyarakat, Universitas Muslim Indonesia.

sukriandi1201@gmail.com

Background: Diabetes mellitus (DM) is a chronic metabolic disorder characterized by elevated blood glucose levels due to impaired insulin secretion or action. DM can lead to chronic complications, including peripheral neuropathy, which causes decreased peripheral perfusion, tingling, and diabetic ulcers. Diabetic foot exercise is a simple non-pharmacological intervention proven to improve circulation, strengthen muscles, maintain joint flexibility, and prevent nerve damage. **Objective:** To determine the application of diabetic foot exercises in preventing peripheral neuropathy in DM patients in the Maccini Sawah Community Health Center area. **Methods:** This case study was conducted on a patient with DM for over 10 years. The intervention consisted of diabetic foot exercises performed twice daily for 15 minutes over three consecutive days. Data were collected through interviews, observations, and physical examinations, including capillary refill, peripheral pulse, acral temperature, and blood glucose levels. **Results:** Before the intervention, the patient complained of weakness, polyuria, and tingling in both feet. After the exercises, improvements were observed: the ankle-brachial index increased from 0.7 to 1.2, capillary refill improved (<3 seconds), dorsalis pedis pulse strengthened, acral temperature became warm, tingling decreased, and blood glucose levels dropped from 193 mg/dL to 162 mg/dL. **Conclusion:** Diabetic foot exercise effectively enhances peripheral perfusion and reduces the risk of peripheral neuropathy in DM patients. This simple, low-cost intervention can be performed independently and integrated into health promotion and prevention programs in primary health care.

Keywords: Diabetes Mellitus, Foot Exercises, Peripheral Neuropathy, Peripheral Perfusion.