

ABSTRAK

PENERAPAN SENAM KAKI DIABETES MELITUS TERHADAP PERUBAHAN KADAR GULA DARAH PADA PASIEN DM TIPE II DIWILAYAH KERJA PUSKESMAS MACCINI SAWAH

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Latar Belakang : Diabetes Melitus adalah suatu kelompok penyakit metabolik yang ditandai dengan adanya hiperglikemia yang terjadi karena pankreas tidak mampu mensekresi insulin, gangguan kerja insulin, ataupun keduanya. Pengobatan diabetes melibatkan dua strategi utama, yaitu pengobatan farmakologis dan non farmakologi, salah satu pengobatan non farmakologi seperti latihan fisik yang dimana diberikan terapi fisik seperti senam kaki diabetes untuk menjaga sensitivitas aliran darah pada kaki pasien. **Tujuan :** penelitian ini yaitu untuk melihat penerapan senam kaki diabetes melitus terhadap perubahan kadar gula darah pasien DM Tipe 2 di wilayah kerja puskesmas maccini sawah. **Metode Penelitian :** ini yaitu studi kasus dengan pendekatan model asuhan keperawatan pada pasien penderita diabetes melitus tipe 2 meliputi pengkajian, perumusan diagnosa keperawatan, intervensi, implementasi, dan evaluasi. **Hasil :** Berdasarkan pengkajian keperawatan didapatkan data pasien Ny. S umur 53 tahun dengan riwayat penyakit DM tipe 2 dengan keluhan utama merasa kebas dibagian ekstremitas bawah hasil GDS: 203 mg/dl sehingga diagnosa keperawatan yang muncul pada pasien Ny. S yaitu Ketidakstabilan kadar glukosa darah berhubungan dengan resistensi insulin (D.0027) dan diberikan intervensi keperawatan yaitu latihan fisik senam kaki diabetik selama 3 hari, didapatkan hasil ada perubahan kadar glukosa darah pada pasien dengan nilai GDS: 170 mg/dl. **Kesimpulannya:** Penerapan senam kaki diabetes melitus yang dilakukan penulis mampu menurunkan kadar gula darah pada pasien DM. Bagi penderita DM mampu menerapkan senam kaki diabetik dengan baik dan benar.

Kata kunci: Senam Kaki, Gula Darah, *Diabetes Melitis*

ABSTRACT

THE APPLICATION OF DIABETIC FOOT EXERCISES ON BLOOD GLUCOSE LEVEL CHANGES IN TYPE II DIABETES MELITUS PATIENTS IN THE WORKING AREA OF MACCINI SAWAH PUBLIC HEALTH CENTER

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Background: Diabetes melitus is a group of metabolic diseases characterized by hyperglycemia that occurs because the pancreas is unable to secrete insulin, has impaired insulin action, or both. Diabetes treatment involves two main strategies, namely pharmacological and non-pharmacological therapy. One of the non-pharmacological treatments is physical exercise, where physical therapy such as diabetic foot exercise is given to maintain blood flow sensitivity in the feet of patient. **Objective:** This study aims to determine the application of diabetic foot exercise on blood glucose level changes in type 2 diabetes melitus patients in the working area of maccini sawah health center. **Method :** This study used a case study design with a nursing care model for patients with type 2 diabetes melitus, which included assessment, nursing diagnosis, intervention, implementation, and evaluation. **Results :** Based on the nursing assessment, where obtained from patient Mrs.S, 53 year old, with a history of type 2 diabetes melitu, whose main complaint was numbness in the lower extremities. The GDS result was 203 mg/dl, so the nursing diagnosis that appeared in Mrs.S was unstable blood glucose levels related to insulin resistance (D.0027). A nursing intervention provided in the form of physical exercise, namely diabetic foot exercise, for 3 days. The results showed a change in blood glucose levels, with a GDS: value of 170 mg/dl. **Conclusion:** The application of diabetic foot exercise conducted by the researcher was able to reduce blood glucose levels in diabetes melitus patients. For diabetes melitus patients, performing diabetic foot exercises correctly and properly can help in controlling blood glucose levels

Keywords: Foot Exercise, Blood Glucose, Diabetes Melitis

