

## ABSTRAK

### PENGARUH EDUKASI TERHADAP KETERAMPILAN FOOT CARE UNTUK PENCEGAHAN KAKI DIABETIKUM DI PUSKESMAS MACCINI SAWAH

**Latar Belakang:** Diabetes Mellitus (DM) adalah penyakit metabolik kronis yang ditandai dengan hiperglikemia akibat gangguan sekresi atau kerja insulin. DM berisiko menimbulkan komplikasi kronis, salah satunya neuropati perifer yang dapat menyebabkan gangguan perfusi perifer, kesemutan, hingga ulkus diabetikum. Edukasi foot care penting sebagai upaya non-farmakologis untuk meningkatkan sirkulasi darah, menjaga fungsi saraf, serta mencegah kaki diabetikum. **Tujuan:** Mengetahui pengaruh edukasi *foot care* untuk pencegahan kaki diabetikum di Puskesmas Maccini Sawah. **Metode:** Penelitian ini menggunakan pendekatan studi kasus pada pasien dewasa dengan riwayat DM lebih dari 2 tahun. Intervensi berupa edukasi dan latihan senam kaki dilakukan selama dua hari berturut-turut, dua kali sehari dengan durasi 15 menit. Data dikumpulkan melalui wawancara, observasi, dan pemeriksaan fisik, meliputi pengisian kapiler, nadi perifer, suhu akral, serta kadar glukosa darah. **Hasil:** Setelah diberikan edukasi dan latihan foot care senam kaki diabetes, terjadi peningkatan Keterampilan setelah dilakukan pre tes dan pos tes. **Kesimpulan:** Edukasi foot care senam kaki diabetes efektif meningkatkan keterampilan, sikap pencegahan, serta kondisi klinis kaki pada pasien diabetes. Intervensi ini sederhana, dapat dilakukan secara mandiri, serta berpotensi menjadi bagian dari program promotif dan preventif di layanan kesehatan primer.

**Kata Kunci:** Diabetes Mellitus, Foot Care, Keterampilan

## **ABSTRACT**

### **THE EFFECT OF EDUCATION ON FOOT CARE SKILLS FOR THE PREVENTION OF DIABETIC FOOT AT MACCINI SAWAH COMMUNITY HEALTH CENTER**

**Background:** Diabetes Mellitus (DM) is a chronic metabolic disease characterized by hyperglycemia resulting from impaired insulin secretion or action. DM can cause various chronic complications, one of which is peripheral neuropathy, leading to decreased peripheral perfusion, numbness, and diabetic ulcers. Diabetic foot exercise is a non-pharmacological intervention proven effective in improving blood circulation, strengthening muscles, maintaining joint flexibility, and preventing peripheral nerve damage. **Objective:** To determine the effect of foot care education on the prevention of diabetic foot at maccini sawah health Center. **Method:** This study used a case study approach on an elderly patient with a history of DM for more than 2 years. The intervention consisted of diabetic foot exercises performed twice daily for 15 minutes per session over three consecutive days. Data were collected through interviews, observation, and physical examinations, including capillary refill, peripheral pulse, acral temperature, and blood glucose levels. **Results:** After providing education and foot care exercise for diabetic patients, there was an improvement in skills as shown by pre-test and post-test result. **Conclusion:** Foot care education combined with diabetic foot exercise is effective in improving skills, preventive attitudes, and foot clinical conditions in diabetic patients to be integrated into promotive and preventive programs in primary health care services.

**Keywords:** Diabetes Mellitus, Foot Exercise, Skill