

ABSTRAK

Penerapan Teknik Senam Kaki Diabetik Terhadap Penurunan Kadar Gula Darah pada Penderita Diabetes Melitus Tipe II Pasien Ny. R di Ruang Nusa Indah RSUD Kraton Kabupaten Pekalongan

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Latar Belakang: Diabetes melitus tipe II merupakan penyakit metabolik kronis yang ditandai dengan hiperglikemia akibat resistensi dan gangguan sekresi insulin. Kadar gula darah yang tidak terkontrol dapat menimbulkan berbagai komplikasi. Salah satu intervensi nonfarmakologis yang dapat membantu mengendalikan kadar gula darah adalah senam kaki diabetik.

Tujuan: Mengetahui penerapan teknik senam kaki diabetik untuk menurunkan kadar gula darah pada pasien diabetes melitus tipe II di Ruang Nusa Indah RSUD Kraton Kabupaten Pekalongan.

Metode: Karya Ilmiah Akhir Ners ini menggunakan metode studi kasus pada satu pasien, yaitu Ny. R dengan diagnosis diabetes melitus tipe II. Intervensi berupa senam kaki diabetik dilakukan selama tiga hari berturut-turut, satu kali sehari selama 15–20 menit. Kadar gula darah sewaktu diukur sebelum dan sesudah intervensi menggunakan glukometer.

Hasil: Kadar gula darah sewaktu pasien menurun dari 230 mg/dL menjadi 138 mg/dL setelah tiga hari penerapan senam kaki diabetik. Pasien juga melaporkan tubuh terasa lebih nyaman dan keluhan kesemutan pada kaki berkurang. Penurunan kadar gula darah kemungkinan dipengaruhi oleh kombinasi senam kaki diabetik, terapi farmakologis, dan kepatuhan terhadap diet diabetes.

Simpulan: Penerapan Senam kaki diabetik dapat membantu menurunkan kadar gula darah pada pasien diabetes melitus tipe II.

Kata Kunci: Diabetes Melitus Tipe II, Kadar Gula Darah, Senam Kaki Diabetik

ABSTRACT

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The Implementation of Diabetic Foot Exercise to Reduce Blood Glucose Levels in a Patient with Type II Diabetes Mellitus (Mrs. R) in the Nusa Indah Ward of Kraton Regional General Hospital, Pekalongan Regency

Background: Type II diabetes mellitus is a chronic metabolic disease characterized by hyperglycemia resulting from insulin resistance and impaired insulin secretion. Uncontrolled blood glucose levels may lead to various complications. One of the non-pharmacological interventions that may help control blood glucose levels is diabetic foot exercise.

Objective: To describe the implementation of diabetic foot exercise in reducing blood glucose levels in a patient with Type II diabetes mellitus in the Nusa Indah Ward of Kraton Regional General Hospital, Pekalongan Regency.

Methods: This Final Internship Nursing Project employed a case study design involving one patient, Mrs. R, who was diagnosed with Type II diabetes mellitus. Diabetic foot exercise was performed once daily for 15–20 minutes over three consecutive days. Random blood glucose (RBG) levels were measured before and after each intervention using a glucometer.

Results: The patient's random blood glucose level decreased from 230 mg/dL to 138 mg/dL after three days of diabetic foot exercise. The patient also reported feeling more comfortable, and the tingling sensation in the feet was reduced. The reduction in blood glucose levels was likely influenced by the combination of diabetic foot exercise, pharmacological therapy, and adherence to the prescribed diabetic diet.

Conclusion: The implementation of diabetic foot exercise may help reduce blood glucose levels in patients with Type II diabetes mellitus.

Keywords: Type II diabetes mellitus, blood glucose level, diabetic foot exercise