

PENERAPAN ACTIVE LOWER RANGE OF MOTION UNTUK  
MENURUNKAN KADAR GLUKOSA DARAH PASIEN DIABETES  
MELITUS

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Abstrak

Diabetes melitus (DM) yaitu suatu penyakit metabolik dengan ditandai kenaikan kadar glukosa dalam darah atau hiperglikemia karena menurunnya produksi insulin atau menurunnya kerja insulin. Keadaan hiperglikemia yang terjadi dalam jangka panjang dapat menyebabkan komplikasi mikrovaskular kronik seperti penyakit ginjal kronik, dan menyebabkan komplikasi neuropatik. Rancangan studi kasus ini menggunakan metode deskriptif dengan dua subjek pasien diabetes melitus yang mengalami ketidakefektifan manajemen kesehatan di RSUD Kartan Pekalongan. Pasien diberikan terapi latihan fisik *Active Lower Range Of Motion* selama tiga hari dilakukan satu kali sehari selama 30 menit. Hasil dari pemberian terapi *Active Lower Range Of Motion* dapat membantu menurunkan glukosa darah pasien. Untuk itu diharapkan perawat dapat menerapkan terapi *Active Lower Range Of Motion* ini pada pasien diabetes melitus untuk membantu mengontrol kadar glukosa darah pasien sehingga dapat mengurangi resiko komplikasi.

Kata Kunci : *Active Lower Range Of Motion*, diabetes melitus, kadar glukosa darah

# APPLICATION OF ACTIVE LOWER RANGE OF MOTION TO INCREASE BLOOD GLUCOSE LEVELS IN PATIENT WITH DIABETES MELITUS

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## *Abstract*

*Diabetes mellitus is metabolic disease characterized by an increase in blood glucose levels or hyperglycemia due to decreased insulin production or decreased insulin performance. Long-term hyperglycemia can cause chronic macrovascular complications such as chronic kidney, and neuropathic complications. This case study design used a descriptive method with two subjects with diabetes mellitus patients who have health management ineffectiveness in Pekalongan Kraton Hospital. The patient was given active lower range of motion physical exercise therapy for three days which was done once a day for thirty minutes. The result of active lower range of motion physical exercise therapy can decrease a patient's blood glucose. Therefore nurses can apply this active lower range of motion physical exercise therapy to diabetes mellitus patients to control their blood glucose levels so that they can reduce the risk of complications.*

*Keywords : Active lower range of motion, blood glucose levels, diabetes mellitus*