

ABSTRAK

Senam Kaki Terhadap Pengendalian Kadar Gula Darah Pada Lansia Diabetes Mellitus

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Diabetes mellitus adalah penyakit metabolic yang terjadi akibat sekresi insulin atau ketika pankreas tidak dapat menghasilkan cukup insulin. Proses penuaan yang terjadi pada lansia bersama adanya penurunan berbagai fungsi organ atau jaringan di dalam tubuh termasuk sel beta pankreas yang efek sampingnya mengakibatkan produksi insulin tidak optimal sehingga memicu kadar gula dalam darah meningkat. Tujuan dari studi kasus ini adalah untuk mengendalikan kadar gula darah klien pada lansia penderita diabetes mellitus. Desain penelitian berupa studi kasus pada 2 lansia penderita diabetes mellitus usia 60 tahun ke atas, lansia dalam keadaan sadar, gula darah sewaktu diatas 150 mg/dL dan lansia yang kooperatif. Intervensi dengan menerapkan senam kaki diabetes mellitus. Cara mengevaluasi dengan membandingkan nilai gula darah sewaktu sebelum dan sesudah intervensi. Hasil menunjukkan sebelum dan sesudah intervensi gula darah sewaktu pada klien I 486 mg/dL menjadi 204 mg/dL dan pada klien II 352 mg/dL menjadi 172 mg/dL. Kesimpulannya adalah penerapan senam kaki diabetes mellitus dapat menurunkan kadar gula darah pada lansia penderita diabetes mellitus. Saran bagi perawat diharapkan mengajarkan senam kaki diabetes mellitus untuk mengendalikan kadar gula darah klien lansia penderita diabetes mellitus.

Kata Kunci : diabetes mellitus, lansia, senam kaki

ABSTRACT

Foot Exercise on Controlling Blood Sugar Levels in The Elderly with Diabetes Mellitus

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Mellitus Diabetes mellitus is a metabolic disease that occurs due to insulin secretion or when the pancreas cannot produce enough insulin. The aging process that occurs in the elderly is accompanied by a decrease in the functions of various organs or tissues in the body, including pancreatic beta cells, the side effects of which result in suboptimal insulin production, which triggers blood sugar levels to increase. The purpose of this study is to control the client's blood sugar levels in elderly people with diabetes mellitus. The research design was a case study of 2 elderly people with diabetes mellitus aged 60 years and over, the elderly were conscious, their blood sugar was above 150 mg/dL and the elderly were cooperative. Intervention by applying diabetes mellitus foot exercises. Evaluate this case studies by comparing blood sugar values before and after the intervention. The results showed before and after the intervention when the blood sugar on client I was 486 mg/dL to 204 mg/dL and on client II it was 352 mg/dL to 172 mg/dL. The conclusion is the application of diabetes mellitus foot exercises can reduce blood sugar levels in elderly people with diabetes mellitus. Suggestions for nurses are expected to teach diabetes mellitus foot exercises to their patient in order to control blood sugar levels of elderly clients with diabetes mellitus.

Keywords: diabetes mellitus, elderly, foot exercise