



LEMBAR PENGESAHAN

Judul : Penerapan Teknik Senam Kaki Terhadap Penurunan Kadar Gula Darah Pada Pasien Diabetes Mellitus Tipe 2 Di Ruang Truntum RSUD Bendan Pekalongan Kota
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BSTRACT

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The Implementation of Foot Exercise Techniques to Reduce Blood Sugar Levels in Type II Diabetes Mellitus Patients in the Truntum Ward of Bendan Hospital, Pekalongan City

Diabetes mellitus is a group of metabolic diseases marked by elevated blood glucose levels as a result of impaired insulin secretion, insulin action, or both. Polyuria (increased urine production), polydipsia (frequent drinking), polyphagia (frequent eating), and tingling are common symptoms that lead to nursing difficulties, specifically blood glucose instability. One of the nursing actions that can be done to overcome these nursing problems is Diabetic foot exercises. The purpose of this case study was to reduce blood glucose levels in two patients suffering from type 2 diabetes mellitus. This study used a descriptive case study on two patients who experienced increased blood glucose levels. The results revealed that Diabetic foot exercises, both before and after the intervention, may reduce blood glucose levels in both patients, from patient one with a GDS of 115 mg/dl to 175 mg/dl and patient two with a GDS of 210 mg/dl to 190 mg/dl. The study concludes that Diabetic foot exercises help lower blood glucose levels in diabetics. Therefore, nurses can use Diabetic foot exercises to reduce blood glucose levels in patients with type 2 diabetes.

Keywords: *Diabetic Mellitus, Foot Exercise*