

ABSTRAK

Penerapan Senam Kaki Diabetes Melitus Terhadap Penurunan Kadar Gula Darah

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Pekalongan

Diabetes Mellitus (DM) merupakan gangguan metabolisme yang ditandai kadar hiperglikemik glukosa darah yang tinggi sehingga kurangnya sistem kerja insulin. Ketidakmampuan tersebut menyebabkan berbagai komplikasi pada mata, saraf, ginjal dan pembuluh darah. salah satu tindakan yang dapat digunakan untuk menurunkan kadar gula darah adalah dengan latihan fisik senam kaki diabetik. Karya tulis ilmiah ini menggambarkan penerapan senam kaki untuk menurunkan kadar gula darah pada pasien DM. Metode karya tulis ilmiah ini dengan menggunakan rancangan studi kasus dengan subyek dua orang yang menderita DM. Karya tulis ilmiah ini setelah diberikan selama 3 hari teknik senam kaki diabetes terjadi penurunan kadar gula darah. Pada kasus I kadar gula darah awalnya 374 mg/dL turun menjadi 278 mg/dL. Sedangkan pada kasus II awalnya 210 mg/dL menjadi 202 mg/dL. Kesimpulan dari studi kasus ini adalah senam kaki diabetes dapat menurunkan kadar glukosa darah. Saran bagi tenaga rumah sakit khususnya tenaga keperawatan diharapkan agar menerapkan senam kaki diabetes pada penderita dm untuk menurunkan kadar gula darah.

Kata Kunci: Diabetes Mellitus, Penurunan gula darah, Senam kaki.

ABSTRACT

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The Application of Diabetes Mellitus Foot Exercise to Decreased Blood Sugar Levels

Diabetes Mellitus (DM) is a metabolic illness characterized by elevated blood glucose levels, known as hyperglycemia, caused by a malfunctioning insulin system. The presence of this impairment leads result to various types of problems in the ocular, neural, renal, and vascular systems. One potential intervention for reducing blood glucose levels is implementing physical exercise, specifically diabetic foot exercises. This scholarly article presents an examination of the utilization of foot exercise as a means to reduce blood glucose levels in persons diagnosed with diabetes mellitus. The present scientific writing methodology employs a case study design, wherein two patients with DM are selected as participants. The findings of this study indicate that the use of the diabetes foot exercise technique for three days resulted in a significant reduction in blood sugar levels. In the first instance, the initial blood glucose concentration was measured at 374 mg/dL, decreasing to 278 mg/dL. In contrast, in case II, levels were initially decreased from 210 mg/dL to 202 mg/dL. The findings resulting from this case study indicate that engaging in diabetic foot exercise has the potential to lower blood glucose levels. It is recommended that hospital staff, particularly nursing staff, implement diabetic foot exercises to lower blood sugar levels in individuals with diabetes mellitus.

Keywords: *Diabetes Mellitus, blood sugar, foot exercise*