

**PENERAPAN INTERVENSI “SENAM KAKI DIABETES” PADA PASIEN
DIABETES MELLITUS PADA Ny. “S” DI WILAYAH KERJA
PUSKESMAS GODEAN I**

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INTISARI

Latar Belakang: Diabetes Mellitus merupakan penyakit metabolisme kronik yang disebabkan oleh kurang responsif sel-sel tubuh terhadap insulin. Pada Diabetes Mellitus dengan ketidakstabilan kadar glukosa dalam darah sering muncul gejala yaitu neuropathy sensorik di kaki seperti rasa pegal, kesemutan, mengatasi keterbatasan gerak sendi dan struktur internal lainnya sehingga pasokan darah menjadi terhambat. Salah satu terapi yang dapat dilakukan yaitu latihan jasmani atau olahraga yakni dengan senam kaki Diabetes Mellitus guna memperbaiki sirkulasi darah sehingga nutrisi ke jaringan akan lebih lancar, memperkuat otot-otot kecil, otot betis, dan otot paha, serta mengatasi keterbatasan gerak sendi yang sering dialami oleh pasien Diabetes Mellitus. Pada latihan jasmani atau olahraga senam kaki Diabetes Mellitus dapat berpengaruh terhadap penurunan kadar glukosa dalam darah dengan meningkatkan pengambilan glukosa oleh otot dan memperbaiki pemakaian insulin.

Tujuan: Mengetahui pengaruh penerapan senam kaki pada pasien diabetes melitus di Puskesmas Godean 1

Metode: Pengumpulan data dilakukan dengan metode observasi terhadap kadar glukosa darah pada salah satu pasien diabetes mellitus di wilayah kerja Puskesmas Godean 1 ketika sebelum melakukan intervensi senam kaki Diabetes Mellitus dan setelah melakukan intervensi senam kaki Diabetes Mellitus selama tiga hari implementasi asuhan keperawatan

Hasil: Hasil dari observasi selama 3 hari menunjukkan bahwa terdapat pengaruh antara intervensi senam kaki Diabetes Mellitus terhadap nilai kadar glukosa darah pada klien asuhan keperawatan di wilayah kerja Puskesmas Godean 1. Dengan nilai kadar glukosa darah *pre* intervensi 210 mg/dl dan *post* intervensi 123 mg/dl.

Kesimpulan: Senam kaki Diabetes Mellitus efektif menurunkan kadar glukosa darah, dan mengurangi gejala lain pada diabetes mellitus seperti kesemutan, rasa pegal dan mengatasi keterbatasan gerak sendi.

Kata Kunci: Senam Kaki Diabetes, Diabetes Mellitus, Kadar Glukosa Darah

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INTERVENTION APPLICATION OF "DIABETIC FOOT GYMNASTICS" " IN PATIENTS WITH DIABETES MELLITUS IN Ny. "S" IN THE WORKING AREA OF GODEAN I COMMUNITY HEALTH CENTER

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ABSTRACT

Background: Diabetes Mellitus is a chronic metabolic disease caused by a lack of responsiveness of the body's cells to insulin. In Diabetes Mellitus, with unstable blood glucose levels, symptoms often appear, namely sensory neuropathy in the legs such as a feeling of soreness, tingling, overcoming the limitations of joint motion and other internal structures so that the blood supply becomes obstructed. One of the therapies that can be done is physical exercise or sports, namely with Diabetes Mellitus foot exercises to improve blood circulation so that nutrients to the tissues will run more smoothly, strengthen small muscles, calf muscles, and thigh muscles, and overcome the limitations of joint motion that are often experienced by diabetes mellitus patients. In physical exercise or foot gymnastics, Diabetes Mellitus can affect the decrease in blood glucose levels by increasing glucose uptake by the muscles and improving insulin use.

Objective: Knowing the effect of applying foot exercise to diabetes mellitus patients at Godean 1 Health Center

Method: Data collection was carried out using the observation method of blood glucose levels in one of the diabetes mellitus patients in the working area of the Godean 1 Health Center when before carrying out the intervention for Diabetes Mellitus foot exercise and after carrying out the intervention for Diabetes Mellitus foot exercise for three days of implementing nursing care

Results: The results of the 3-day observation showed that there was an influence between the Diabetes Mellitus foot exercise intervention on the value of blood glucose levels in nursing care clients in the working area of Godean Health Center 1. With the value of blood glucose levels *pre* intervention 210 mg/dl and *post* intervention 123 mg/dl.

Conclusion: Diabetes Mellitus foot exercises are effective in reducing blood glucose levels and reducing other symptoms of diabetes mellitus such as tingling, aches and pains. overcome the limitations of joint motion.

Keywords: Foot Exercise Diabetes, Diabetes Mellitus, Blood Glucose Levels

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