

**PENERAPAN INTERVENSI *BRISK WALKING EXERCISE* UNTUK
MENURUNKAN KADAR GULA DARAH PADA KELUARGA
DENGAN DM TIPE II DI DUSUN TEGALLURUNG,
GILANGHARJO, PANDAK, BANTUL
YOGYAKARTA**

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ABSTRAK

Latar Belakang: DM adalah gangguan metabolic yang menyebabkan peningkatan kadar glukosa yang banyak terjadi di masyarakat dengan prevalansi global 463 juta di dunia dan 10,7 juta terjadi di Indonesia. DM ini sangat berpotensi terhadap komplikasi makrovaskuler. Untuk mencegah komplikasi salah satu pilar DM dengan latihan fisik. Latihan fisik yang sudah teruji evidence based practice adalah *brisk walking exercise*. Terapi ini sangat efisien dan efektif karena tidak membutuhkan alat dan biaya. Namun terapi ini perlu dikaji lagi karena perbedaan karakteristik pasien dapat berpengaruh terhadap respon setiap terapi yang diberikan
Tujuan: Untuk mengetahui penerapan terapi *Brisk Walking Exercise* untuk menurunkan kadar gula darah

Metode: Studi ini merupakan laporan kasus dengan pasien perempuan berusia 62 tahun yang didiagnosis keperawatan ketidakstabilan kadar glukosa darah, manajemen kesehatan keluarga tidak efektif. Implementasi diberikan berupa *brisk walking exercise* dan manajemen hiperglikemi untuk ketidakstabilan kadar glukosa darah. Sementara pada manajemen kesehatan keluarga tidak efektif, dilakukan edukasi kesehatan.

Hasil: Pemberian berupa *brisk walking exercise* dan manajemen hiperglikemi efektif dalam menurunkan kadar glukosa darah, dibuktikan kadar glukosa darah dapat berkurang sebelum intervensi hari pertama 213mg/dl dan setelah intervensi hari ke tiga menjadi 174mg/dl. Sementara pada pemberian edukasi keluarga, keluarga sudah mampu dan mengetahui mengenai kesehatan keluarga tentang DM.

Kesimpulan: Pemberian terapi *brisk walking exercise* efektif dalam menurunkan kadar glukosa darah .

Kata kunci: *Brisk Walking Exercise*, DM

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**"IMPLEMENTATION OF BRISK WALKING EXERCISE
INTERVENTION TO LOWER BLOOD SUGAR LEVELS IN FAMILIES
WITH TYPE 2 DIABETES MELLITUS IN TEGALLURUNG HAMLET,
GILANGHARJO, PANDAK, BANTUL, YOGYAKARTA."**

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ABSTRACT

Background:

Diabetes Mellitus (DM) is a metabolic disorder that causes an increase in glucose levels, which is prevalent in society with a global prevalence of 463 million worldwide, and 10.7 million cases in Indonesia. DM has a high potential for macrovascular complications. To prevent complications, one of the key approaches for managing DM is physical exercise. Brisk walking exercise is a physical activity that has been proven to be evidence-based. This therapy is highly efficient and effective because it does not require equipment or significant costs. However, this therapy needs to be re-evaluated, as patient characteristics may influence the response to the therapy provided.

Objective:

To determine the implementation of Brisk Walking Exercise therapy to lower blood sugar levels.

Method:

This study is a case report involving a 62-year-old female patient diagnosed with nursing issues of unstable blood glucose levels and ineffective family health management. The intervention consisted of Brisk Walking Exercise and hyperglycemia management to address the unstable blood glucose levels. For the ineffective family health management, health education was provided.

Results:

The intervention, which included Brisk Walking Exercise and hyperglycemia management, was effective in lowering blood glucose levels. This was evidenced by a reduction in blood glucose levels from 213 mg/dL on the first day of the intervention to 174 mg/dL on the third day. Meanwhile, with the family education, the family members were able to understand and apply knowledge regarding family health management related to DM.

Conclusion:

Brisk Walking Exercise therapy is effective in lowering blood glucose levels.

Keywords: Brisk Walking Exercise, DM

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