

Abstrak

**UNIVERSITAS MUHAMMADIYAH JEMBER
PROGRAM STUDI PROFESI NERS
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Awaliya Dias Putranto, S.Kep

Penerapan Latihan Senam Kaki Pada Klien Diabetes Mellitus Dengan Ketidakstabilan Kadar Glukosa Darah Di Ruang Anturium Rsd Dr. Soebandi Jember.

85 Halaman + 7 Gambar + 12 Tabel

ABSTRAK

Latar Belakang: Penyakit kencing manis (Diabetes mellitus) merupakan salah satu penyakit tidak menular (PTM) dimana kadar gula darah meningkat (hiperglikemia). Salah satu bentuk penatalaksanaan alternatif penyakit diabetes mellitus untuk mencegah komplikasi neuropati atau ekstremitas bagian bawah adalah dengan senam kaki diabetes. **Tujuan:** Meningkatkan pengetahuan dan kemampuan dalam menerapkan asuhan keperawatan pada klien DM (Diabetes Mellitus) di ruang anturium RSD dr. Soebandi Jember. **Metode:** Jenis penelitian yang digunakan adalah studi kasus di ruang anturium RSD dr. Soebandi Jember. Peneliti menggunakan 3 klien yang memiliki masalah kesehatan diabetes mellitus. **Hasil:** Hasil evaluasi yang dilakukan selama 3 hari pada klien 1, 2 dan 3 didapatkan hasil yaitu pada klien 1 mengatakan kesemutan pada kaki berkurang, klien tidak merasakan haus di malam serta kadar gula darah menurun yaitu 217mg/dL. Pada klien 2 mengatakan rasa haus sedikit berkurang serta kadar gula darah menurun yaitu 278 mg/dL. Pada klien 3 mengatakan lemas dan pusing berkurang serta tingkat kadar gula darah menurun berdasarkan hasil pemeriksaan GDS yaitu 225mg/dL. **Kesimpulan:** Berdasarkan pemberian terapi latihan senam kaki didapatkan hasil kadar gula darah pada ketiga klien menurun serta klien mampu memahami dan menerapkan teknik latihan senam kaki yang telah peneliti ajarkan.

Kata Kunci: Penerapan Latihan Senam Kaki, Diabetes Mellitus, Kadar Gula Darah

Abstract

**MUHAMMADIYAH UNIVERSITY OF JEMBER
NERS PROFESSIONAL STUDY PROGRAM
FACULTY OF HEALTH SCIENCES**

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Awaliya Dias Putranto, S.Kep

Application of Foot Exercise to Diabetes Mellitus Clients With Instability of Blood Glucose Levels in Anthurium Room Rsd Dr. Soebandi Jember.

85 Pages + 7 Picture + 12 Tables

Abstract

Background: Diabetes (Diabetes mellitus) is a non-communicable disease (PTM) in which blood sugar levels increase (hyperglycemia). One form of alternative management of diabetes mellitus to prevent complications of neuropathy or lower extremities is diabetic foot exercise. ***Purpose:*** To increase knowledge and ability to apply nursing care to DM (Diabetes Mellitus) clients in the anthurium room of RSD dr. Soebandi Jember. ***Methods:*** The type of research used is a case study in the anthurium room of RSD Dr. Soebandi Jember. Researchers used 3 clients who have diabetes mellitus health problems. ***Results:*** The results of the evaluation carried out for 3 days on clients 1, 2 and 3 showed that client 1 said the tingling in the legs had decreased, the client did not feel thirsty at night and the blood sugar level decreased, namely 217 mg/dL. Client 2 said that thirst was slightly reduced and blood sugar levels decreased, namely 278 mg/dL. Client 3 said that he felt weak and dizzy and that his blood sugar level had decreased based on the results of the GDS examination, which was 225 mg/dL. ***Conclusion:*** Clients are able to understand and apply the foot exercise technique that the researcher has provided.

Keywords: Application of Foot Exercise, Diabetes Mellitus, Blood Sugar Levels