

ABSTRAK

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Analisis Intervensi Senam Kaki Diabetes pada Pasien DM dengan Ketidakstabilan Kadar Glukosa Darah di RSU Universitas Muhammadiyah Jember

Abstrak

Introduksi: Diabetes melitus (DM) merupakan penyakit kronis yang ditandai dengan peningkatan kadar glukosa darah akibat gangguan produksi atau kerja insulin. Ketidakstabilan kadar glukosa darah dapat meningkatkan risiko komplikasi serius seperti nefropati, retinopati, dan neuropati. Intervensi nonfarmakologis, seperti senam kaki diabetes, dapat membantu menstabilkan kadar gula darah dengan meningkatkan sirkulasi perifer dan metabolisme glukosa.

Tujuan: Penelitian ini bertujuan untuk menganalisis efektivitas intervensi senam kaki diabetes dalam membantu menurunkan dan menstabilkan kadar glukosa darah pada pasien DM dengan ketidakstabilan glukosa darah di RSU Universitas Muhammadiyah Jember.

Metode: Desain penelitian menggunakan studi kasus deskriptif terhadap tiga pasien dengan diagnosis DM. Intervensi senam kaki diabetes diberikan selama tiga hari berturut-turut, masing-masing selama 30 menit. Data dikumpulkan melalui wawancara, observasi tanda vital, pemeriksaan fisik, serta pengukuran kadar glukosa darah sebelum dan sesudah intervensi.

Hasil: Terdapat penurunan kadar glukosa darah yang signifikan pada ketiga pasien setelah dilakukan intervensi. Gejala klinis seperti lelah, haus berlebihan, dan mukosa kering juga menunjukkan perbaikan.

Diskusi: Senam kaki diabetes terbukti memberikan manfaat fisiologis dalam menurunkan kadar glukosa darah melalui peningkatan aktivitas otot dan sirkulasi darah. Intervensi ini direkomendasikan sebagai strategi perawatan nonfarmakologis yang aman, murah, dan mudah diterapkan bagi pasien DM yang mengalami ketidakstabilan glukosa darah.

Kata kunci: Diabetes melitus, senam kaki, ketidakstabilan kadar glukosa darah.

ABSTRACT

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Analysis of Diabetic Foot Exercise Intervention in DM Patients with Unstable Blood Glucose Levels at Muhammadiyah University General Hospital Jember

Abstract

Introduction: Diabetes mellitus (DM) is a chronic condition characterized by elevated blood glucose levels due to impaired insulin production or action. Unstable blood glucose levels can increase the risk of serious complications such as nephropathy, retinopathy, and neuropathy. Non-pharmacological interventions, such as diabetic foot exercise, can help stabilize blood glucose by improving peripheral circulation and glucose metabolism.

Objective: This study aims to analyze the effectiveness of diabetic foot exercise in reducing and stabilizing blood glucose levels in DM patients experiencing glucose instability at the Muhammadiyah University General Hospital in Jember.

Methods: This study used a descriptive case study design involving three patients diagnosed with DM. The diabetic foot exercise was administered over three consecutive days, with each session lasting 30 minutes. Data collection included interviews, vital signs observation, physical examinations, and blood glucose measurements before and after the intervention.

Results: There was a significant decrease in blood glucose levels in all three patients following the intervention. Clinical symptoms such as fatigue, excessive thirst, and dry mucous membranes also showed improvement.

Discussion: Diabetic foot exercise has proven to offer physiological benefits in lowering blood glucose levels by increasing muscle activity and enhancing blood flow. This intervention is recommended as a safe, affordable, and practical non-pharmacological nursing strategy for managing blood glucose instability in DM patients.

Keywords: Diabetes mellitus, foot exercise, unstable blood glucose levels.