

ABSTRAK

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Karya Ilmiah Akhir Juli, 2026
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Implementasi Senam Kaki Diabetik dalam Pencegahan Ulkus Diabetikum pada
Pasien Diabetes Mellitus Tipe 2 di Ruang Tulip RSD dr. Soebandi Jember

xv + 101 halaman + 6 gambar + 9 tabel + 11 lampiran

Abstrak

Introduksi: Diabetes Mellitus tipe 2 merupakan penyakit kronis yang dapat menyebabkan komplikasi berupa ulkus diabetikum akibat gangguan perfusi perifer dan neuropati. Senam kaki diabetik merupakan salah satu intervensi keperawatan nonfarmakologis yang dapat meningkatkan sirkulasi darah perifer dan membantu mencegah terjadinya ulkus diabetikum.

Tujuan: Penelitian ini bertujuan mendeskripsikan implementasi senam kaki diabetik dalam pencegahan ulkus diabetikum pada pasien Diabetes Mellitus tipe 2 di Ruang Tulip RSD dr. Soebandi Jember.

Metode: Penelitian ini menggunakan desain deskriptif dengan pendekatan studi kasus pada tiga pasien Diabetes Mellitus tipe 2 yang berisiko mengalami ulkus diabetikum. Pengumpulan data dilakukan melalui proses keperawatan yang meliputi pengkajian, diagnosis, intervensi, implementasi, dan evaluasi selama empat hari.

Hasil: Sebelum implementasi, ketiga pasien mengalami kesemutan, baal, penurunan sensitivitas kaki, serta gangguan perfusi perifer tanpa ditemukan ulkus diabetikum. Setelah implementasi senam kaki diabetik, keluhan pada ekstremitas bawah berkurang, kemampuan pasien melakukan senam kaki secara mandiri meningkat, serta pemahaman mengenai pencegahan ulkus diabetikum menjadi lebih baik.

Diskusi: Implementasi senam kaki diabetik memberikan manfaat dalam meningkatkan perfusi perifer, mengurangi keluhan neuropati ringan, dan mendukung pencegahan ulkus diabetikum pada pasien Diabetes Mellitus tipe 2. Senam kaki diabetik dapat dijadikan sebagai intervensi keperawatan nonfarmakologis yang sederhana, aman, dan mudah diterapkan dalam praktik keperawatan.

Kata Kunci: Diabetes Mellitus tipe 2, senam kaki diabetik, ulkus diabetikum, perfusi perifer.

Daftar Pustaka: 23 (2020-2025)

ABSTRACT

UNIVERSITY OF MUHAMMADIYAH JEMBER
NURSING PROFESSIONAL STUDY PROGRAM
FACULTY OF HEALTH SCIENCES

Final Scientific Paper, July 2026
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*Implementation of Diabetic Foot Exercise in Preventing Diabetic Foot Ulcers
among Patients with Type 2 Diabetes Mellitus in Tulip Ward, dr. Soebandi
Hospital, Jember*

xv + 101 pages + 6 figures + 9 tables + 11 appendices

Abstract

Introduction: Type 2 Diabetes Mellitus is a chronic metabolic disease that may lead to diabetic foot ulcers due to peripheral perfusion impairment and peripheral neuropathy. Diabetic foot exercise is a non-pharmacological nursing intervention that can improve peripheral blood circulation and help prevent diabetic foot ulcers.

Objective: This study aimed to describe the implementation of diabetic foot exercise in preventing diabetic foot ulcers among patients with Type 2 Diabetes Mellitus in the Tulip Ward of dr. Soebandi Hospital, Jember.

Methods: This study employed a descriptive design with a case study approach involving three patients with Type 2 Diabetes Mellitus who were at risk of developing diabetic foot ulcers. Data were collected through the nursing process, including assessment, nursing diagnosis, intervention, implementation, and evaluation over a four-day period.

Results: Before the intervention, all patients experienced tingling, numbness, decreased foot sensation, and impaired peripheral perfusion without any diabetic foot ulcers. After the implementation of diabetic foot exercise, lower extremity complaints decreased, patients demonstrated improved ability to perform diabetic foot exercises independently, and their understanding of diabetic foot ulcer prevention increased.

Discussion: The implementation of diabetic foot exercise was beneficial in improving peripheral perfusion, reducing mild neuropathic symptoms, and supporting the prevention of diabetic foot ulcers in patients with Type 2 Diabetes Mellitus. Diabetic foot exercise can be recommended as a simple, safe, and effective non-pharmacological nursing intervention in clinical nursing practice.

Keywords: Type 2 Diabetes Mellitus, diabetic foot exercise, diabetic foot ulcer, peripheral perfusion.

Bibliography: 23 (2020-2025)