

ABSTRACT

Chairoel Imam Alfikri (2023). Application of diabetic foot gymnastics to improve peripheral perfusion in type diabetes mellitus patients in the work area of the Sail Health Center. Case Study Scientific Paper, Pekanbaru Nursing DIII Study Program, Department of Nursing, Health Polytechnic of the Ministry of Health Riau. Supervisor (I) Melly, SST., M.Kes, (II) Ns. Syafrisar Meri Agritubella, S.Kep., M.Kep.

Diabetes Mellitus is a condition of a person who experiences instability in blood sugar levels in the body characterized by the ineffectiveness of insulin work in the body. One of the management to lower blood sugar levels in people with Diabetes Mellitus can do diabetic foot exercises. Diabetic foot gymnastics is used as a foot exercise. Exercises or movements performed on both feet alternately or simultaneously are useful for flexing or strengthening the muscles in the lower leg area, especially in the ankles and toes. The purpose of this study is to describe the application of diabetic foot gymnastics to overcome ineffective peripheral perfusion disorders, This type of research is descriptive using the case study method conducted on April 27-May 2, 2023. The subjects in this study were 2 people suffering from Diabetes Mellitus. The results showed that subjects 1 and subject 2 experienced a decrease in blood sugar levels and increased peripheral perfusion after diabetic foot exercises. After the application of diabetic foot gymnastics, respondents are expected to be able to apply foot exercises independently.

Keywords : Diabetes Mellitus, Blood Sugar, Foot Exercise, Peripheral Perfusion, Diabetic Foot Gymnastics,