

ABSTRACK

Rian Hamdani (2023). *Application of Foot Gymnastics Relaxation Therapy in the Elderly with Foot Sensitivity Problems of Diabetes Mellitus Patients in the Rumbai Health Center Area* Scientific paper, DIII Nursing Study Program, Department of Nursing, Health Polytechnic, Ministry of Health Riau. Mentor (I) R.Sakhnan, SKM., M.Kes, (II) Ns. Sari Anggela, S.Kep., M.Kep., Sp.Kep.A.

Diabetes mellitus (DM) is defined as a disease or chronic metabolic disorder with multiple etiologies characterized by high blood sugar levels accompanied by impaired carbohydrate, lipid, and protein metabolism as a result of insulin function insufficiency. The results of data from the International Diabetes Federation (IDF) in 2021, recorded 537 million adults with an age range of 20-79 years had Diabetes Mellitus problems while in 2019 there were 463 million people. Diabetic foot gymnastics is one of the therapies given by a nurse, the goal is to launch impaired blood circulation because diabetic foot exercises can help strengthen the leg muscles. The general goal to be achieved in this Case Study is to determine the application of foot gymnastics to increased foot sensitivity stimulation in patients with Diabetes Mellitus. Data collection begins with the determination of the problem, followed by reference studies. After getting respondents with the same nursing problem, researchers collected data with methods consisting of interviews, observations, interventions, implementation & evaluation. The Case Study was conducted in the working area of Pukesmas Rumbai with an intervention time of 15 minutes carried out for 6 consecutive days.

Keywords: Diabetes Mellitus, Foot Sensitivity, Foot Gymnastics