

**FOOT CARE EDUCATION THROUGH POSTER AS PREVENTION  
EFFORT OF DIABETIC FOOT INJURY IN ELDERLY**

***Emi Mayasari***

*Diploma III Nursing Study Program, Faculty of Health Sciences,*

*'Aisyiyah University Surakarta*

*Email: [emimayasari2709@gmail.com](mailto:emimayasari2709@gmail.com)*

---

**ABSTRACT**

**Background:** *Diabetes mellitus (DM) is a chronic disease caused by high levels of glucose in the blood. An old person (elderly) will experience a tendency for their organs to weaken, as well as their sensitivity to insulin. 3.4% who suffers from diabetes is in the age group of 65-75. On the other side, in the age group 75 years and over 3.7% of them experienced the same. This shows that along with the increasing age, the prevalence of DM patients is rising. Along with the rising in the number of DM patients, complications aspects also could add up, one of which is diabetic foot ulcers. In order to prevent the occurrence of diabetic foot ulcers, either by doing training or health education on foot care of DM management.*

**Method :** *The media used in this method is poster because poster it is very effective to provide health education on diabetic foot care for the Elderly. Poster media uses a simple form and language that is easy to understand, especially the elderly so that information easy to convey.*

**Result :** *Poster media about diabetic foot care for the Elderly as an effort to increase public insight and describes the steps foot care so that peoples are motivated to do diabetic foot care independently.*

**Conclusion:** *Diabetic Foot Care Poster for the Elderly can be used to increase public knowledge about how to properly care for feet to prevent injuries.*

**Keywords:** *Diabetes, Care, Foot, Poster*