

**EFFORTS TO INCREASE FOOT SENSITIVITY WITH EXERCISES
FEET IN PATIENTS WITH TYPE II DIABETES MELLITUS
VIA VIDEO MEDIA**

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SUMMARY

Background; Type II diabetes mellitus problems often occur in the elderly, problems that arise from degenerative processes. Generally caused by genetics, obesity, sedentary lifestyle or a decrease in foot sensitivity so that treatment must be given, namely a method of increasing foot sensitivity, namely diabetic foot exercises, because 2.67% of foot sensitivity increases by applying diabetic foot exercises. This foot exercise can be used to be applied in everyday life for efforts to increase foot sensitivity. **Objective;** As a source of information to increase the knowledge and understanding of patients about foot exercises to increase sensitivity and can be applied in cases with decreased foot sensitivity. **Method;** Development of video media as a means of education on increasing foot sensitivity. **Results;** The output obtained is a video entitled "Keep Your Feet Sensitive With Foot Gymnastics" with a duration of 22.26 minutes with a file size of 1.59 GB. It has been tested on 3 respondents with type II diabetes mellitus patients with easy-to-understand results. **Conclusion;** the video entitled "Keep Your Foot Sensitivity with Foot Gymnastics" can be used for patient education media to increase foot sensitivity.

Keywords: type II diabetes mellitus, education, foot sensitivity, foot exercises, video