

**APPLICATION OF COMBINATION THERAPY ON FOOT SENSITIVITY
OF ELDERLY DIABETES MELLITUS IN PUCANG SAWIT
SURAKARTA**

(Combinatio Therapy of Foot Exercises and Warm Water Soaking)

Nirwana Aryani, Tri Susilowati

nirwanaryani@gmail.com

Nursing Diploma III Study Program

‘Aisyiyah University, Surakarta

ABSTRACT

Background: DM cases in Central Java are in fifth highest position in Indonesia with a prevalence of 2.0%. Pucangsawit Community Health Center is a sub-district with 979 DM sufferers in 2022. The most cases are in Pucangsawit Village with 421 cases of DM. DM sufferers, especially the elderly, experience complications from mild to severe neuropathy complications resulting in loss of sensation in the lower extremities due to impaired blood circulation in the leg area. Loss of sensation the periphery of the feet is an early early symptom of diabetic ulcer. **Objective:** To describe the results of implementation before and after the application of kombmasi therapy, foot exercises and warm water soaks on foot sensitivity in elderly people with DM. **Method:** This type of research is a descriptive case study. **Results:** Before the combination therapy, the foot sensitivity of both respondents was low, after the combination therapy, the foot sensitivity of both respondents experienced an increase with the score of each respondent being 4. **Conclusion:** There is a comparison of the number of increases in the number of foot sensitivity scores of both respondents the increase in the number of respondent 1 is bigger than for respondent 2 with a difference of 1 point in both legs

Keywords: DM, Elderly, Soaking in Warm Water, Foot Sensitivity, Foot Exercises