

EDUKASI *FOOT SELF-CARE* SEBAGAI UPAYA PENCEGAHAN ULKUS DIABETIKUM PADA LANSIA MELALUI MEDIA VIDEO

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SUMMARY

Background; *Diabetes mellitus is a disease caused by the disruption of glucose metabolism in the body. Diabetic foot ulcers are non-traumatic lesions on the skin of the feet of people with diabetes mellitus. Indonesia is ranked fifth with the highest number of diabetics in the world in 2019 with 536.6 million, while in Central Java in 2021 there were 618,546 people, for the prevalence of diabetes mellitus in Sambirejo District 50.55%. The highest number of diabetes mellitus sufferers in Sambirejo District is at Sambirejo Health Center with 124 patients, the management of diabetes mellitus in an effort to prevent diabetic foot ulcers, one of which is by conducting education or health education about diabetic Foot Self-Care. Purpose;* As information in increasing the knowledge of the elderly about diabetic foot self-care. **Method;** *The media used in this method is video, because video is very effective in providing education about diabetic Foot Self Care. Results;* obtained after being given education about foot care in the elderly at home through video media that almost all respondents do not know how to properly care for their feet. **Conclusion;** *Diabetic Foot Self Care Video in the elderly can be used to increase public knowledge about how to properly care for feet to prevent wounds.*

Keywords: *Diabetes, Foot Care, Educational Video*