

APPLICATION DIABETIC FOOT EXERCISES ON THE REDUCTION OF NEUROPATHY IN TYPE 2 DIABETES MELLITUS PATIENTS

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ABSTRACT

Background: Type 2 Diabetes Mellitus is a chronic disease with a high prevalence. According to the International Diabetes Federation (IDF), 537 million adults are living with diabetes. The Indonesian Health Survey (SKI) reported 624,082 cases in Central Java and 18,833 cases in Surakarta City. One of the most common complications is diabetic neuropathy, which may lead to foot ulcers and even amputation. Diabetic foot exercise is a non-pharmacological intervention aimed at preventing and reducing neuropathic symptoms. **Objective:** To describe the effect of diabetic foot exercise on neuropathy in patients with type 2 DM. **Method:** This study used a descriptive case study design involving two type 2 DM patients in the working area of Gambirsari Public Health Center. The Diabetic Neuropathy Symptom (DNS) questionnaire was used to assess neuropathic symptoms before and after one week of diabetic foot exercises performed in three sessions. **Results:** Both patients (Mrs. S and Mrs. A) showed a decrease in DNS scores after the intervention, indicating an improvement in neuropathic symptoms. **Conclusion:** Diabetic foot exercise effectively reduced DNS scores in type 2 DM patients, can be recommended as part of non-pharmacological management to prevent complications.

Keywords: Type 2 DM, diabetic neuropathy, diabetic foot exercise