

**EFFORTS TO INCREASE KNOWLEDGE ABOUT DIABETIC FOOT
EXERCISES IN TYPE 2 DIABETES MELLITUS PATIENTS THROUGH
VIDEO MEDIA**

Anis Pramudya¹, Irma Mustikasari²
anispramudya15@gmail.com Universitas
'Aisyiyah Surakarta

ABSTRACT

Background: The International Diabetes Federation (IDF) in 2023 reported that 537 million adults worldwide have diabetes. In Indonesia, Central Java is the third province with the highest number of diabetes patients, at 1.8% in 2022. Diabetic foot exercises can help lower blood glucose levels. Therefore, diabetic foot exercises through video media are important to teach to DM patients in order to reduce the risk of diabetic ulcers. **Objective:** To understand the creation of KIE media for diabetic foot exercises as a promotional medium to reduce the risk of diabetic ulcers in DM patients. **Method:** The method used involves KIE media in the form of a video as a promotional medium containing explanations, causes, signs and symptoms, and management efforts for hypertension, as well as explanations, benefits, indications, contraindications, and SOP for diabetic foot exercises. **Results:** The KIE media in the form of a video can be directly distributed to the public through social media platforms, such as YouTube. **Conclusion:** The educational video media on diabetic foot exercises can enhance the knowledge, skills, and motivation of the community, especially DM patients, to reduce the risk of diabetic ulcers and blood sugar levels non-pharmacologically.

Keywords: Diabetes Mellitus, Diabetic Ulcer, Blood Sugar