

**EFFORTS TO IMPROVE KNOWLEDGE OF LEG EXERCISES TO
REDUCE BLOOD SUGAR LEVELS IN DIABETES MELLITUS**

PATIENTS THROUGH VIDEO MEDIA

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SUMMARY

Background: *Diabetes Mellitus is a chronic disease that occurs when the pancreas does not produce enough insulin or when the body cannot effectively use the insulin it produces. Patients with diabetes mellitus will be given pharmacological and non-pharmacological treatments aimed at reducing or even eliminating the symptoms. Pharmacological treatment measures include administering medications, while non-pharmacological treatments include regular metabolic monitoring, vascular monitoring, ulcer evaluation, foot care, and foot exercises. One exercise that is effective in helping lower glucose levels in patients with diabetes mellitus is diabetic foot exercises, which can lower glucose levels, strengthen muscles, improve blood circulation, and increase joint strength.* **Purpose:** *to educate the public about the importance of maintaining blood sugar levels and to improve skills in correct diabetic foot exercises.* **Method:** *used is education using moving animated videos using the Canva application to create the video.* **Results:** *The output contains audiovisual media or video entitled "Efforts to Increase Knowledge of Foot Exercises to Reduce Blood Sugar Levels in Diabetes Mellitus Patients Through Video Media" with a video duration of 9.50 minutes and a size of 1.25 GB. It has been tested with respondents, with the video results being clear and easy to understand.* **Conclusion:** *This educational video is expected to help the public understand how to properly lower and maintain blood sugar levels, which can be implemented regularly and independently.*

Keywords: *Diabetes Mellitus, Diabetic Foot Exercises*