

FOOT MASSAGE TO IMPROVE THE SENSATION OF FOOT PROTECTION IN DIABETES

Sheila Nur Andini, Ika Silvitasari

Sellasella493@gmail.com

Diploma III Nursing Study Program, University of 'Aisyiyah Surakarta

SUMMARY

Background: *Diabetes mellitus sufferers are increasing from year to year. According to the results of the 2018 Basic Health Research (Riskesdes), it shows an increase in the incidence of diabetes from 6.9% to 8.5% in 2018. Diabetes can cause various kinds of complications, one of which is decreased sensation in the feet. Various ways can be done to prevent these complications, one of which is foot massage. Foot massage is a massage using the hands that can increase the sensation of foot protection in diabetics.* **Purpose:** *To provide information and knowledge for diabetics about management in increasing the sensation of protection in the feet with the foot massage method.* **Result:** *The resulting output is a booklet with foot massage steps that can increase the sensation of protection.* **Conclusion:** *The resulting output can be used by people especially diabetics in learning foot massage. Foot massage that is done 3 times a week can increase the sensation of foot protection in people with diabetes*

Keywords: *diabetes melitus, diabetic foot, sensation of protection, massage*