

**FOOT SELF-CARE EDUCATION ON DIABETES MELLITUS
PATIENTS FOR DIABETIC ULCER PREVENTION THROUGH
BOOKLET MEDIA**

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SUMMARY

Background; Lack of knowledge and experience in foot care could lead to various foot disorders. The most common cause of foot disorder in DM is sensory neuropathy which results in diabetic ulcers. It is estimated that 15 – 25% of adults with type 2 diabetes experience foot ulcers in their lifetime, and 70% experience non – traumatic amputations brought by DM complications. Nurses play a role as educators to provide education. One form of education that can be given to DM patients is self-care (foot self-care) with the aim of the patient being able to perform foot care as an effort to prevent ulcers. **Method;** The IEC output method in the form of booklet media on foot self-care on diabetes mellitus patients for prevent diabetic ulcer. **Result;** The IEC media with the title “Foot Self-Care Education Diabetes Mellitus Patients for Diabetic Ulcer Prevention Through Booklet Media” is much more effective and interesting to read, with its education equipped with various foot care images so that it is easier to understand. **Conclusion;** The booklet media on foot self-care can increase knowledge in DM patients and act as an effort to provide information to the public diabetic ulcer prevention.

Keywords: Diabetes Mellitus, Foot self-care, Diabetic Ulcer, Booklet