

*EFFORTS TO PREVENT DIABETIC FOOT INJURIES IN PEOPLE
WITH DIABETES MELLITUS WITH FOOT CARE THROUGH
MEDIA BOOKLET*

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SUMMARY

Background: *Diabetes mellitus each year increases the incidence of patients with UKD (Diabetic Foot Ulcers) by 15% with a 30% risk of amputation, and the mortality rate is 32% in Indonesia. Being diagnosed with DM not only causes premature death worldwide, but the disease is also a leading cause of blindness, heart disease, and kidney failure. Therefore, the best strategy to manage diabetic foot is to prevent diabetic foot by doing regular foot care.* **Methods:** *Information about the importance of diabetic foot care to prevent injuries is disseminated through the media, one of which is a booklet. Booklet media is one of the health promotion media that aims to convey information to people with DM in printed form.* **Result:** *The title of the booklet is "PERKA DM (diabetes mellitus foot care) made using an application with a design size of 3,5 x 8,5 inches consisting of 10-20 pages.* **Conclusion:** *Booklet is one of the media used to convey health messages in the form of a book but not as thick as a booklet. Booklets are very helpful in preventing diabetes mellitus wounds, so it is hoped that this therapy can be used as an alternative treatment for diabetes mellitus wound prevention.*

Keywords : Diabetes Mellitus, foot care, wound prevention, booklet