

EDUCATION OF LEGS EXERCISE TOWARDS CHANGES IN BLOOD SUGAR LEVELS IN TYPE 2 DIABETES MELLITUS WITH VIDEO MEDIA

Benny Tri Afandi, Mulyaningsih
benyafandy06@gmail.com
Universitas 'Aisyiyah Surakarta

SUMMARY

Background : Type 2 Diabetes Mellitus is a non-communicable disease whose prevalence tends to increase. Diabetes mellitus is a chronic disease caused when the body is ineffective in using the insulin it produces or the pancreas cannot produce enough insulin, resulting in an increase in blood sugar levels known as hyperglycemia. Management of diabetic foot can be divided into two groups, namely primary and secondary prevention. Diabetic foot exercise is an activity carried out to improve blood circulation, strengthen small muscles and prevent injuries to the feet. **Objective:** it is hoped that the provision of foot exercise therapy is useful for reducing blood sugar levels in type 2 diabetes mellitus patients. **Conclusion:** Compilation of educational media for diabetes foot exercise education videos that are effective and easy to understand by the public, especially patients with Type II Diabetes Mellitus and this video can be applied independently in home as an alternative choice of non-pharmacological therapy to reduce blood sugar levels in patients with Type II Diabetes Mellitus.

Key words : Diabetes, Foot Gymnastics, Video Media