

EDUCATION OF DIABETES FOOT EXERCISE IN TYPE 2 DIABETES MILITARY PATIENTS AS AN EFFORT TO INCREASE THE VALUE OF THE ANKLE BRACHIAL INDEX (ABI) USING POCKET MEDIA

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SUMMARY

Background : Diabetes mellitus type 2 (DMT2) is a metabolic disease characterized by high blood sugar, in which the pancreas is able to produce insulin, but the body's cells cannot efficiently use insulin to convert glucose into energy. One of the efforts to overcome DM is in the form of non-pharmacological therapy, namely foot exercise therapy. **Objective**: Diabetic foot exercise therapy is exercise that can accelerate blood circulation, strengthen the small muscles of the feet, minimize the occurrence of foot deformities that can worsen the potential for diabetic wounds on the feet, increase the production of insulin which is used to transport glucose to cells, thereby helping to reduce glucose in the blood. But many people don't know about it, so further education is needed. **Conclusion**: Therefore, one of the media that can be used to disseminate this information can be using a pocket book. A pocket book is a small pocket-sized book so it is effective to carry everywhere and can be read anytime when needed.

Key words : Diabetes Mellitus, Foot Exercise, Pocket Book