

# UPAYA PENINGKATAN SELF CARE DENGAN SENAM KAKI DIABETES MELLITUS PADA LANSIA MENGGUNAKAN MEDIA VIDEO

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## ESSENCE

*Background: Diabetes Mellitus is a metabolic disorder characterized by increased blood glucose levels (hyperglycemia). The World Health Organization (WHO, 2020), from 900 million to 2 billion elderly people, estimates that around 422 million people worldwide suffer from diabetes and 1.6 million deaths. Diabetes Mellitus, if left untreated, can cause damage to tissues and organs, such as eyes, kidneys, nerves, and leg ulcers. Prevention of Diabetes Mellitus so that it doesn't get worse is done by reducing blood sugar levels due to increased blood flow and the opening of capillary nets so that there are more insulin receptors and receptors become more active. Leg Exercise is a body movement produced by skeletal muscles that requires energy expenditure and produces overall, planned and structured health benefits. This exercise uses the technique of both legs. **Method:** Video that can be used for health education media to prevent Diabetes Mellitus from getting worse. **Results:** Final project with the title "Efforts to Improve Self Care with Diabetes Mellitus Foot Exercise in the Elderly". **Conclusion:** This video media was chosen because it can be used as a media for health education to provide information to the public, especially the elderly who have been affected by Diabetes Mellitus.*

**Keywords:** Foot Exercise, Video media, Diabetes Mellitus.