

FOOT SELF-CARE EDUCATION AS AN EFFORT TO PREVENT DIABETIC ULCERS IN PATIENTS WITH DIABETES MELLITUS THROUGH BOOKLET MEDIA

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SUMMARY

Background; *Diabetes mellitus (DM) is a chronic metabolic disease characterized by elevated blood glucose levels due to impaired insulin secretion, insulin action, or both. Diabetic ulcers are wounds that appear on the feet of patients with DM. Indonesia is ranked fifth with the highest number of people with diabetes in the world in 2023 with a total of 20.4 million, while in Central Java in 2023 there were 624,082 people, and 17,694 people with DM in Sukoharjo Regency. Then in Kartasura District, there are 2,154 sufferers, DM management in an effort to prevent diabetic foot ulcers, one of which is by conducting health education about Foot Self-Care. **Purpose;** As information to increase the understanding of DM patients about the importance of foot self-care as an effort to prevent diabetic foot ulcers. **Method;** The media used in the method is a booklet, made using the Photoshop application. **Results;** obtained in the form of booklet media and has been tested on 3 respondents and will be registered for IPR. **Conclusion;** this booklet can be used to increase the knowledge of people with DM about how to take good care of their feet to prevent diabetic foot wounds.*

Keywords: *Diabetes, Foot Care, Booklet*