

*APPLICATION OF ACTIVE RANGE OF MOTION (ROM) OF THE
FOOT TO IMPROVE FOOT SENSITIVITY IN PATIENTS WITH
DIABETES MELLITUS*

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ABSTRACT

Background: *In the era of globalization there has been a shift from infectious diseases to non-communicable diseases, more and more degenerative diseases, one of which is Diabetes Mellitus, which is a metabolic disease characterized by high blood glucose levels due to impaired insulin secretion. Prolonged hyperglycemia will lead to various complications, one of the most common complications is Peripheral Neuropathy which results in decreased foot sensitivity.* **Objective:** *To determine the effect of Active Range Of Motion (ROM) of the Foot on Foot Sensitivity in Patients with DM in the UPT Puskesmas Ngoresan Work Area.* **Research Methods:** *Using a descriptive research design with a case study approach, the sample used was 2 people. Instrument assessment of foot sensitivity scores using the 10g Monofilament Test. Active ROM of the feet is done every day for 7 days with 2 meetings (morning, afternoon) with a duration of 25 minutes.* **Results:** *Before the application of Active Foot ROM, both respondents experienced a decrease in foot sensitivity as seen from the measurement results of low foot sensitivity scores, after the application of Active Foot ROM, the foot sensitivity scores of both respondents increased. The results of the analysis show that there is an effect of Active Foot ROM on the level of foot sensitivity in patients with DM.* **Conclusion:** *Active Range Of Motion (ROM) can improve foot sensitivity in people with Diabetes Mellitus.*

Keywords: *Active Range Of Motion (ROM) of the Foot, Diabetes Mellitus, Foot Sensitivity.*