

EFFORT TO IMPROVE KNOWLEDGE ABOUT FOOT CARE IN TYPE II DIABETES MELLITUS PATIENTS THROUGH BOOKLET MEDIA

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SUMMARY

Background: The incidence of non-communicable diseases is increasing both globally and in Indonesia. One such disease that continues to increase is diabetes mellitus (DM). The 2023 Indonesian Health Outcomes Survey showed that type II diabetes mellitus sufferers are in the productive age group (18-59 years) and the elderly (60 years and older), with a percentage of 52.1% of the productive age group and 48.9% of the elderly. Lack of health knowledge regarding the management of conditions categorized as type II diabetes mellitus can worsen the condition, leading to complications such as diabetic foot ulcers and gangrene. **Objective:** To increase knowledge regarding foot care. **Method:** Educational media was developed in the form of a communication, information, and education (KIE) booklet created using the Canva platform. **Results:** The produced booklet is A5 sized, consisting of 11 pages that are informative and practical, and tailored to the educational needs of diabetes patients in foot care. **Conclusion:** The booklet is effective as an educational tool for increasing diabetic patients' knowledge about the importance of foot care to prevent complications.

Keywords: Diabetes melitus, Foot care, Booklet