

APPLICATION OF FOOT EXERCISES TO DECREASE BLOOD GLUCOSE LEVELS IN PATIENTS WITH DIABETES MELLITUS IN THE WORKING AREA OF THE NGOESAN HEALTH CENTER

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ABSTRAK

Background ; Diabetes mellitus is a group metabolic disorders marked by increase in blood glucose levels a result of damage to insulin secretion, insulin work or both. In this case, the author applies non pharmacological therapy namely foot exercises that can improve leg blood circulation, prevent foot injuries, and reduce blood glucose levels. **Purpose** ; Describe the results of implementation the application of foot exercises to decrease blood glucose levels in people with diabetes mellitus in the working area of the Ngoesan health center... **Method** ; This study used descriptive method with a research instrument using a glucose meter and then recorded in the observation sheet before and after the application of foot exercises. **Results** ; The results of measurement of blood sugar when before the application of foot exercises to Mrs.S 289 mg/dl and to Mrs.L 234mg/dl, while blood sugar when after the application of foot exercises to Mrs.S 129mg/dl and to Mrs.L 136 mg/dl. **Conclusion** ; The application of foot exercises can reduce blood glucose levels in patients with diabetes mellitus.

Keywords ; Foot exercises, Diabetes mellitus, Decrease in blood glucose.