

ABSTRACT

Name : Muhammad Febrianto
Study Program : Professional Nursing (Ners)
Title : Analysis of Gerontic Nursing Care for an Elderly Patient with Diabetes Mellitus Through the Implementation of Diabetic Foot Exercise at PMKS Pesanggrahan Majapahit Mojokerto
Supervisor : Heri Triwiboso, S.Kep., Ns., M.Kes.

Diabetes mellitus is a chronic disease commonly affecting older adults and characterized by hyperglycemia due to impaired insulin secretion, insulin action, or both. Prolonged hyperglycemia may cause peripheral neuropathy, impaired circulation, reduced foot sensation, and increased risk of diabetic foot ulcers. Diabetic Foot Exercise is a non-pharmacological intervention designed to improve lower-extremity circulation, strengthen foot muscles, enhance peripheral nerve sensitivity, and support blood glucose control. This final professional nursing project aimed to analyze gerontic nursing care for an elderly patient with Diabetes Mellitus through Diabetic Foot Exercise at PMKS Pesanggrahan Majapahit Mojokerto. The study employed the nursing process approach, including assessment, nursing diagnosis, planning, implementation, and evaluation. Data were collected through interviews, observations, physical examinations, screening tests, and documentation. After Diabetic Foot Exercise was implemented for 3×24 hours, the patient performed all exercise sessions appropriately. Random blood glucose decreased from 174 mg/dL to 126 mg/dL, accompanied by reduced fatigue, dizziness, and tingling in the feet. Sleep quality and understanding of dietary adherence, medical therapy, and regular exercise also improved. Diabetic Foot Exercise can be used as a complementary non-pharmacological intervention in gerontic nursing care to support peripheral circulation, lower-extremity function, glycemic control, and quality of life.

Keywords: Gerontic Nursing Care, Diabetes Mellitus, Older Adults, Diabetic Foot Exercise, Diabetic Foot Exercises.

ABSTRAK

Nama : Muhammad Febrianto
Program Studi : Profesi Ners
Judul : Analisis Asuhan Keperawatan Gerontik pada Pasien Diabetes Mellitus dengan Pemberian *Diabetic Foot Exercise* di PMKS Pesanggrahan Majapahit Mojokerto
Pembimbing : Heri Triwiboso S. Kep., Ns. M. Kes

Diabetes mellitus merupakan penyakit kronis yang sering menyerang lansia dan ditandai dengan hiperglikemia akibat gangguan sekresi insulin, kerja insulin, maupun keduanya. Hiperglikemia yang berlangsung lama dapat menyebabkan neuropati perifer, gangguan sirkulasi darah, penurunan sensasi pada kaki, serta meningkatkan risiko terjadinya ulkus kaki diabetikum. *Diabetic Foot Exercise* merupakan salah satu intervensi non-farmakologis yang dirancang untuk meningkatkan sirkulasi darah ekstremitas bawah, memperkuat otot-otot kaki, meningkatkan sensitivitas saraf perifer, dan membantu mengontrol kadar glukosa darah. Karya tulis ilmiah akhir ners ini bertujuan untuk menganalisis asuhan keperawatan gerontik pada lansia dengan Diabetes Mellitus melalui pemberian *Diabetic Foot Exercise* di UPTD Pesanggrahan Majapahit Mojokerto. Penelitian ini menggunakan pendekatan proses keperawatan yang meliputi pengkajian, diagnosis keperawatan, perencanaan, implementasi, dan evaluasi. Pengumpulan data dilakukan melalui wawancara, observasi, pemeriksaan fisik, tes skrining, serta dokumentasi. Setelah dilakukan implementasi *Diabetic Foot Exercise* selama 3 × 24 jam, pasien mampu melakukan seluruh rangkaian latihan dengan baik. Kadar gula darah sewaktu (GDS) mengalami penurunan dari 174 mg/dL menjadi 126 mg/dL, disertai dengan berkurangnya rasa lelah, pusing, dan kesemutan pada kaki. Kualitas tidur serta pemahaman pasien terhadap kepatuhan diet, terapi medis, dan olahraga teratur juga mengalami peningkatan. *Diabetic Foot Exercise* dapat diterapkan sebagai intervensi komplementer non-farmakologis dalam asuhan keperawatan gerontik untuk mendukung sirkulasi darah perifer, fungsi ekstremitas bawah, kontrol glikemik, serta kualitas hidup lansia.

Kata Kunci : Asuhan Keperawatan Gerontik, Diabetes Mellitus, Lansia, *Diabetic Foot Exercise*, Senam Kaki Diabetes.