

# Latihan senam kaki sebagai intervensi keperawatan pada resiko cidera lansia diabetisi dalam keluarga di Sukamaju Baru Kota Depok = Foot exercise as a nursing intervention of risk for injury in diabetic elderly within family at Sukamaju Baru Kota Depok

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## Abstrak

[Gaya hidup yang tidak sehat meningkatkan prevalensi DM di masyarakat perkotaan. Lansia termasuk angregat yang rentan mengalami DM, dikarenakan terjadinya penurunan fungsi tubuh. Salah satu gejala DM yang timbul akibat peningkatan kadar gula darah adalah penurunan sensitivitas kaki yang ditandai dengan rasa kebas dan kesemutan. Penulisan Karya Ilmiah ini bertujuan untuk memberikan gambaran latihan senam kaki sebagai intervensi keperawatan pada risiko cedera lansia dengan DM. Hasil asuhan keperawatan keluarga yang dilakukan selama 6 minggu menunjukkan perbaikan sensitivitas kaki yang dibuktikan dengan pengukuran Ankle Brachial Index (ABI) meningkat dari 0,7 menjadi 1,2. Dukungan keluarga dibutuhkan untuk mempertahankan kepatuhan melakukan senam kaki secara rutin.; Unhealthy life style increase DM prevalence in urban society. Elderly at risk to develop DM caused by decreasing body function. One of DM symptom caused by high blood glucose level was decreased foot sensitivity. This paper purposes to give an illustration of foot exercise as nursing intervention for the risk of injury in elderly with DM. The result after six weeks intervention show the improvement of foot sensitivity which is analyzed based on Ankle Brachial Index measurement increase from 0,7 to 1,2. The family's support is needed in order to increase adherence toward foot exercise implementation, Unhealthy life style increase DM prevalence in urban society. Elderly at risk to develop DM caused by decreasing body function. One of DM symptom caused by high blood glucose level was decreased foot sensitivity. This paper purposes to give an illustration of foot exercise as nursing intervention for the risk of injury in elderly with DM. The result after six weeks intervention show the improvement of foot sensitivity which is analyzed based on Ankle Brachial Index measurement increase from 0,7 to 1,2. The family's support is needed in order to increase adherence toward foot exercise implementation]