

***SIMPLE INHALATION APPLICATIONS SIMPLE TO TAKE A NAFAS
CLEAN ROAD IS NOT EFFECTIVE IN PATIENT DISEASE OF CHRONIC
OBSTRUCTIVE (COPD)***

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ABSTRACT

Background: *DM is a chronic disease that is prolonged and characteristic of the body's inability to perform carbohydrate metabolism, protein fat, which can lead to increased blood sugar (hyperglycemia). (Blacks & Hawks, 2009). When someone has already had Diabetes, the thing that can be done is to prevent complications. Complications of DM are divided into two acute and chronic complications, acute complications of hypoglycemia and ketoacidosis, while chronic complications of microangiopathy and macroangiopathy, microangiopathic and macroangiopathy complications will cause blockage of blood flow to the entire organ causing retinopathy, neuropathy and peripheral vascular disease. (Sudoyo 2011).*

Objective: *Applying foot soak in warm water to increase the foot blood circulation of DM patients.*

Method: *The scientific paper is an analytical descriptive with a case study approach. The participants were 1 DM patients.*

Results : *After having the application of foot-soak in warm water peripheral tissue perfusion disorder were sovable.*

Conclusion: *Application of foot soak in warm water can effectively improve foot blood circulation of DM patients.*

Keyword : *Foot soak, foot blood circulation, diabetes mellitus*

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