ABSTRACT

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The Effectiveness of diabetic foot gymnastics to decreasing blood glucose on patient Diabetes Mellitus type II in Hospital Islamic Sultan Agung Semarang

Background: The blood glucose content in melitus diabetic type II tended to high arising out of anomaly insulin secretion, anomaly of insulin activity or both of them and because less activity. This study is aimed to find the value of random blood glucose before and after having diabetic foot gymnastics in treatment group dan also to know the difference value of random blood glucose that got diabetic foot gymnastics on treatment group and control group.

Method: This study used quasi experimen design with pretest-postest on control group and the sample method used proposive sampling. The difference value of random blood glucose after getting resistance exercise on treatment group and control group was tested with t independent test

Result: The result of t independent showed there was difference value of random blood glucose after getting treatment on control group and treatment group (p=0.00)

Conclusion: The service Institution need to develop diabetic foot gymnastics as a part of therapy program for staying care patients with diabetes melitus type II and also nurse should make it as integral part on doing nursing service on staying care patients with diabetic type II.

Keywords: diabetes melitus type II, diabetic foot gymnastics, Blood glucose.