

## ABSTRACT

Intervention of Hydrotherapy and Buerger Allen Exercises for Type II Diabetes Mellitus Patient in Wijaya Kusuma Room A, RSUD Dr. Soedono, East Java Province. Tomi Agustias Aryanto (2024), Nurse Professional Education Study Program, Nursing Department, Health Polytechnic, Health Polytechnic Ministry of Health Malang. Supervisor Dr. Tri Johan Agus Yuswanto, S. Kp., M. Kep.

**Introduction :** Diabetes mellitus is a chronic disease or disease that occurs over a long period of time. Symptoms caused by diabetes mellitus are high blood glucose levels exceeding normal values, this is caused by a lack of the hormone insulin in the body. Purpose of the research provide nursing care to type II diabetes mellitus patients using interventions hydrotherapy and buerger allen exercises. **Method :** This scientific work uses a descriptive research form with a case study approach method. The approach used is a nursing care approach which consists of assessment, nursing diagnosis, intervention, implementation and evaluation. Nursing care will be carried out on April 16-19 2024 in Wijaya Kusuma Room A RSUD Dr. Soedono, East Java Province. **Results :** The interventions carried out in type II diabetes mellitus patients with unstable blood glucose levels were hydrotherapy and buerger allen exercise. Hydrotherapy is done once a day in the morning after waking up by drinking 250-500 cc of warm water. Buerger allen exercise is done once a day in the morning after waking up for 15-18 minutes. Hydrotherapy and buerger allen exercise aims to help lower blood glucose levels. **Conclusion :** After being given intervention hydrotherapy and buerger allen exercise for 3 days, the patient's fasting blood glucose level decreased from 298 mg/dL to 230 mg/dL.

**Keywords :** Diabetes mellitus, hydrotherapy, buerger allen exercise