

THE EFFECT OF DIABETIC FOOT EXERCISE USING A PLASTIC BALL ON DIABETIC NEUROPATHY AND CAPILLARY REFILL TIME PEOPLE WITH DIABETES MELLITUS TYPE 2 IN PUBLIC HEALTH CENTER MOJOLANGU MALANG

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ABSTRACT

Complications DM Type 2 can cause peripheral nerve disorders or diabetic neuropathy and decreased blood leg circulation. Management of chronic complication in people with DM Type 2 is by doing diabetic foot exercise using a plastic ball. Plastic ball are rarely taught to people with diabetes. This study to analyze effect of diabetic foot exercise using a plastic ball on diabetic neuropathy and capillary refill time people with diabetes mellitus type 2 in Public Health Center Mojolangu Malang. This research is a quasy ekspriment with pretest-posttest control group design and used purposive sampling with 36 respondents. Data collection was done by DNS-score questionnaire and physical examination CRT. Analysis using Wilcoxon signed ranks test. The result of Wilcoxon signed ranks test pretest posttest neuropathy p value 0,012 $p < 0,05$ and pretest posttest CRT p value 0,046 $p < 0,05$. The conclusion of this study is that there is an effect of diabetic foot exercise using plastic ball on diabetic neuropathy and capillary refill time people with DM Type 2 in Public Health Center Mojolangu Malang. It is hoped that health workers will provide education and accompany people with DM doing diabetic foot exercise using a plastic ball correctly and regularly to help prevent the severity of neuropathy complications.

Keyword : DM, Diabetic foot exercise using ball, Neuropathy, CRT