THE IMPLEMENTATION OF A COMBINATION OF DIABETES SELF-MANAGEMENT EDUCATION (DSME) AND DIABETIC FOOT EXERCISE ON THE INSTABILITY OF BLOOD GLUCOSE LEVELS IN ELDERLY PATIENTS WITH TYPE 2 DIABETES MELLITUS IN THE PANDANWANGI PUBLIC HEALTH CENTER WORKING AREA

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ABSTRACT

Background*: Type 2 Diabetes Mellitus (DM) in the elderly often leads to nursing problems such as unstable blood glucose levels due to a decline in physiological function, lack of knowledge, and non-compliance with self-management. The combination of Diabetes Self-Management Education (DSME) and diabetic foot exercises is a comprehensive non-pharmacological intervention designed to enhance patient independence and help reduce blood sugar levels through the stimulation of physical activity and peripheral circulation.* ***Methods:*** *This study used a case study method with a nursing process approach centered on a 62-year-old elderly patient with type 2 DM who experienced unstable blood glucose levels at the Pandanwangi Public Health Center, Malang City. The intervention consisted of a combination of DSME (sessions 1–4) and diabetic foot exercises conducted over 4 sessions.* ***Results:*** *After the combined intervention of DSME and diabetic foot exercises, the patient's blood glucose levels decreased from 250 mg/dL to 154 mg/dL. Furthermore, there was an increase in the patient's knowledge and skills regarding self-management and performing foot exercises independently at home.*
Conclusion: *The implementation of a combination of DSME and diabetic foot exercises is effective in helping stabilize blood glucose levels and improving independence in elderly patients with type 2 DM. This intervention is expected to be routinely implemented as an innovative health promotion program at the Pandanwangi Public Health Center.*

Keywords: *Type 2 Diabetes Mellitus, Diabetes Self-Management Education (DSME), Diabetic Foot Exercises, Blood Glucose Levels, Elderly.*