

ABSTRACT

Implementation of Walking Activities to Reduce Blood Glucose Levels in Families with Family Members with Diabetes Mellitus Patients in the Dinoyo Health Center Work Area, Malang City. Tsalvadilla Amanda Putrie (2025). Nursing Professional Education Study Program, Nursing Department, Malang Health Polytechnic. Supervisor Imam Subekti, S. Kp., M. Kep., Sp. Kom.

Diabetes mellitus (DM) is a metabolic disease characterized by increased blood sugar levels or hyperglycemia. Unstable blood sugar levels due to improper care management can cause peripheral circulation problems, especially in the feet. Therefore, non-pharmacological therapy is needed in the form of walking activities to improve peripheral blood circulation and lower blood sugar levels. The purpose of this scientific paper is to apply walking activities to reduce blood glucose levels in patients with diabetes mellitus. The method of this scientific paper uses a case study with a nursing care approach to one family with type 2 diabetes mellitus which was carried out on September 30-October 12, 2024 in the working area of the Dinoyo Health Center, Malang City. Data collection methods used interviews, observations, physical examinations and documentation studies. The results of this case study obtained problems with unstable blood glucose levels and ineffective peripheral tissue perfusion. Nursing interventions are directed at hyperglycemia management and circulation care. Implementation is focused on teaching families about DM management and encouraging regular exercise, walking activities 3-4 times a week for 30-45 minutes. The results of the evaluation on the last day of the visit, the GDP level was 119 mg/dL and peripheral circulation in the legs improved, indicated by paresthesias that were rarely felt. The conclusion of the case study of the application of walking activities can improve peripheral circulation in the legs and teaching proper DM management can reduce blood glucose levels in patients with diabetes mellitus. Suggestions for health services are to educate Type 2 DM clients to apply walking activities as a non-pharmacological therapy method with nursing problems of unstable blood glucose levels and ineffective peripheral perfusion.

Keywords : Diabetes Mellitus, Walking Activity, Type 2 DM, Blood Glucose Levels, Ineffective Peripheral Perfusion