

**THE APPLICATION OF A COMBINATION OF HYDROTHERAPY AND
DIABETES FOOT EXERCISES TO ADDRESS BLOOD GLUCOSE
LEVEL INSTABILITY IN DIABETES MELLITUS PATIENTS
AT THE CIPTOMULYO HEALTH CENTER**

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ABSTRACT

Poor glycemic control is a common issue among diabetes mellitus patients, leading to fluctuations such as hyperglycemia and hypoglycemia. This instability in blood glucose levels, if left untreated, can lead to acute or chronic complications. Non-pharmacological interventions such as hydrotherapy and diabetes foot exercises are known to have benefits in helping to control blood glucose levels. The aim of this study was to provide nursing care for type 2 diabetes mellitus patients using hydrotherapy and diabetes foot exercises as interventions. The study used a descriptive design with a case study approach. The intervention was conducted over 4 days on patients with type 2 diabetes mellitus using a combination of hydrotherapy and diabetes foot exercises. Hydrotherapy (drinking 250–500 cc of warm water) was performed once daily in the morning after waking up, concurrently with diabetes foot exercises for 20–30 minutes. After receiving the intervention for 4 consecutive days, the patients' fasting blood glucose levels decreased from 175 mg/dL to 135 mg/dL. This intervention is expected to be implemented routinely and continuously as part of nursing education in self-management for diabetes patients.

Keywords: Type 2 Diabetes Mellitus, Fasting Blood Glucose, Hydrotherapy, Diabetes Foot Exercises