IMPLEMENTATION OF THE OTAGO EXERCISE PROGRAM TO IMPROVE BALANCE IN ELDERLY PATIENTS WITH DIABETIC NEUROPATHY

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SUMMARY

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Background: *Diabetic neuropathy is a complication of diabetes mellitus that causes peripheral nerve damage, resulting in sensory, motor, and proprioceptive disturbances. This condition leads to impaired balance and an increased risk of falls in the elderly. Support from family caregivers is crucial to ensure adherence and safety in performing balance exercises. One physiotherapy intervention proven to be effective is the Otago Exercise Programme (OEP).* ***Objective****: To enhance the understanding of elderly individuals with diabetic neuropathy and their family caregivers regarding the application of balance and motor exercises based on OEP, thereby improving balance, reducing fall risk, and enhancing quality of life.* ***Method:*** *The approach used involves educational information communication (IEC) media in the form of educational videos. This video was chosen because it is able to convey information in an audiovisual way that is more interesting, easy to understand, and efficient in increasing the knowledge and understanding of the target audience.* ***Results:*** *This IEC media in the form of videos can be used and disseminated to physiotherapy practitioners and physiotherapy students.* ***Conclusion:*** *The use of video as an IEC tool can function as a means of promotion, information delivery, and effective education in increasing understanding of the application of balance and motor training to improve balance and reduce the risk of falls for elderly people with diabetic neuropathy.*

Keywords: *diabetic neuropathy, elderly, balance, otago exercise, risk of falls*