THE IMPLEMENTATION OF PROLANIS EXERCISE TO REDUCE BLOOD GLUCOSE LEVELS IN DIABETES MELLITUS PATIENTS AT NGORESAN PUBLIC HEALTH CENTER

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ABSTRACT

Background: *Diabetes mellitus is a chronic metabolic disease caused by insulin dysfunction that carries a risk of triggering vascular complications. Prolanis exercise is a structured nonpharmacological intervention designed to help control patients' blood glucose levels.* ***Objective:*** *To describe the results of the pre- and post-intervention effects of Prolanis exercise on blood glucose levels in patients with diabetes mellitus within the service area of the Ngoresan Community Health Center (UPTD Puskesmas).* ***Methods:*** *This study is an applied research using a case study approach with a descriptive method. The study subjects consisted of 2 participants with diabetes mellitus who met the inclusion criteria. Prolanis exercise was conducted 6 times over 2 weeks. Blood glucose levels were measured before and after each session using a glucometer and documented in an observation sheet. Results: Before the intervention, Mrs. S had a blood glucose level of 247 mg/dL and Mrs. M had a level of 195 mg/dL. After completing the Prolanis exercise program over 6 sessions, Mrs. S's blood glucose level decreased to 143 mg/dL (a decrease of 104 mg/dL), while Mrs. M's decreased to 102 mg/dL (a decrease of 93 mg/dL).* ***Conclusion****: The implementation of the Prolanis exercise program over six sessions was effective in lowering blood glucose levels in both participants with diabetes mellitus. The Prolanis exercise program can serve as a nonpharmacological intervention for blood glucose control when performed regularly and accompanied by lifestyle changes healthy*

Keywords: Blood Glucose Level, Diabetes Mellitus, Prolanis Exercise