FOOT EXERCISES FOR ELDERLY PEOPLE WITH DIABETES MELLITUS USING VIDEO MEDIA

Jovian[1] , Irma Mustika Sari[2]
jovianduabelas@gmail.com
Universitas 'Aisyiyah Surakarta

SUMMARY

Background: *Diabetes mellitus among the elderly is on the rise and can lead to diabetic foot complications such as ulcers, infections, and even amputation. One preventive measure is diabetic foot exercises; however, understanding and adherence among the elderly remain low, necessitating the development of easily understandable educational materials.* ***Objective:*** *To create an educational video on diabetic foot exercises for the elderly to make the information easier to understand, increase knowledge, and encourage the elderly to perform the exercises independently and regularly at home.* ***Method:*** *This work is a Communication, Information, and Education (CIE) project in the form of a video titled "Simple Movements, Better Quality of Life: Diabetic Foot Exercises for the Elderly." The video was produced through the stages of planning, scriptwriting, filming, editing, mixing, and previewing, using the CapCut and Canva applications, and tested on 3 respondents.* ***Results:*** *The educational video is approximately 7 minutes and 38 seconds long, with a file size of 221 MB.* ***Conclusion:*** *The diabetic foot exercise video serves as an educational tool to enhance the knowledge of the elderly and aid in the prevention of diabetic foot complications through movements that are easy to follow and can be practiced independently.*

Keywords*: Diabetes Mellitus; elderly; diabetic foot exercises,*