APPLICATION OF FOOT EXERCISES ON CHANGES IN RANDOM BLOOD GLUCOSE LEVELS AMONG PATIENTS WITH TYPE 2 DIABETES MELLITUS AT GAMBIRSARI HEALTH CENTER

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ABSTRACT

Background; *Gambirsari Public Health Center records the highest number of Diabetes Mellitus (DM) patients in Surakarta. DM patients require self-management to control their blood glucose levels, one of which is through physical activity such as diabetic foot exercises.* ***Objective;*** *To describe the reduction in random blood glucose levels before and after the implementation of diabetic foot exercises in patients with type II DM.* ***Methods;*** *This study employed a descriptive case study design, implementing diabetic foot exercises for four consecutive days on two respondents. Data collection instruments included observation sheets and a glucometer.* ***Results;*** *Prior to the intervention, the random blood glucose levels were 198 mg/dl for Mrs. S and 211 mg/dl for Mrs. M. After performing the foot exercises for four days, both respondents experienced a significant decrease in random blood glucose levels, dropping to 162 mg/dl for Mrs. S and 156 mg/dl for Mrs. M.* ***Conclusion;*** *The implementation of diabetic foot exercises is proven effective in reducing random blood glucose levels in patients with type II diabetes mellitus, making it a viable alternative for home-based self-care.*

Keywords: *Type II Diabetes Mellitus, Random Blood Glucose, Diabetic Foot Exercises.*