APPLICATION OF DIABETIC FOOT EXERCISES USING NEWSPAPERS TO IMPROVE FOOT SENSITIVITY OF TYPE 2 DIABETES PATIENTS IN **PUKESMAS GAMBIRSARI**

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ABSTRACT

Background: Diabetes Mellitus (DM) is a metabolic disease characterized by hyperglycemia caused by impaired insulin secretion, insulin action, or both. One of the complications of DM is peripheral neuropathy, which can lead to decreased foot sensitivity. Based on a preliminary study conducted at Gambirsari Public Health Center, most patients with Type 2 Diabetes Mellitus complained of numbness and tingling sensations in their feet. **Objective:** To describe the results of the implementation of diabetic foot exercises using newspaper media on foot sensitivity in patients with Type 2 Diabetes Mellitus. **Method:** This study used a descriptive case study design involving two respondents. The diabetic foot exercise using newspaper media was conducted for two weeks with six sessions, each lasting 15 minutes. The instruments used were an observation sheet, a 10-gram monofilament test, and newspaper media.**Results:** There was an improvement in foot sensitivity in both respondents after performing diabetic foot exercises using newspaper media for two weeks with six sessions. **Conclusion:** Diabetic foot exercises using newspaper media are beneficial in improving foot sensitivity in patients with Type 2 Diabetes Mellitus.

Keywords: Type 2 Diabetes Mellitus, Diabetic Foot Exercise Using Newspaper Media, Foot Sensitivity.