EDUCATION ON DIABETIC FOOT EXERCISS USING PLASTIC BALLS TO IMPROVE FOOT SENSITIVITY IN TYPE 2 DIABETES PATIENTS VIA VIDEO MEDIA

SUMMARY

Background: *Type 2 Diabetes Mellitus (DM) is a non-communicable disease with a continuously increasing prevalence. Prolonged hyperglycemia can cause peripheral neuropathy, which reduces foot sensitivity and increases the risk of diabetic ulcers. Diabetic foot exercises using a plastic ball are one non-pharmacological effort to help maintain foot sensitivity. However, patients' knowledge about how to perform these exercises is still limited, so easy-to-understand educational media is needed.* ***Objective:*** *To create Communication, Information, and Education (CIE) media in the form of an educational video on diabetic foot exercises using a plastic ball.* ***Method:*** *Media development involved pre-production, production, and post production stages using canva and capcut: processes included content preparation, storyboarding, filming, editing, and pilot testing with two respondent.* ***Results:*** *The 4-minute 9-second MP4 video in Full HD resolution was considered easy to understand, engaging, and suitable for use as an educational tool.* ***Conclusion:*** *The educational video can be used as an IEC (Information, Education, and Communication) media to increase knowledge of type 2 diabetes patients about diabetic foot exercises as an effort to maintain foot sensitivity and prevent complications.*

Keywords: *Type 2 Diabetes Mellitus, diabetic foot exercises, foot sensitivity, video media, education.*