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**NURSING CARE IN TYPE 2 DIABETES MELLITUS PATIENTS WITH
FOOT REFLEXOLOGY TO OVERCOME THE INEFFECTIVENESS OF
PERIPHERAL TISSUE PERFUSION AT CIBABAT HOSPITAL CIMAHI
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ABSTRACT**

VIII, 87 Pages, 5 Chapters, 2 Chart, 5 Table, 9 Attachment

This case study is motivated by the incidence of type 2 diabetes mellitus in Indonesia which has been ranked fourth out of the top ten countries in the world with a prevalence of 8.6% of the total population, estimated to increase from 8.4 million people in 2000 to around 21.3 million by 2030. Type 2 diabetes mellitus is a disease caused by an abnormality in insulin secretion that causes glucose in the blood to increase (hyperglycemia). This is also the cause of the problem of ineffectiveness of peripheral tissue perfusion. One of the non-pharmacological measures that can be done to overcome these problems is foot massage therapy. This case study aims to find out how the application of foot massage therapy in patients with type 2 diabetes mellitus in overcoming the problem of ineffectiveness of peripheral tissue perfusion. The results of the case study showed that numbness, tingling, muscle cramps, and muscle weakness were reduced after foot massage therapy, because through the application of gentle pressure on the leg area, it would facilitate peripheral blood circulation. Then it can be concluded that foot massage therapy can be used as a measure to overcome the problem of ineffectiveness of peripheral tissue perfusion. It is hoped that patients and families of people with type 2 diabetes mellitus can use foot massage therapy as an independent treatment while at home, for the next author can be a reference for one of the alternatives in nursing care, especially interventions, and in the field of nursing can be used as an insight into knowledge, especially regarding the nursing care of type 2 diabetes mellitus patients.

Keywords : Type 2 Diabetes Mellitus, Foot Reflexology Therapy, Ineffectiveness of Peripheral Tissue Perfusion

Bibliography : 19 (2012 – 2021)