

Health Polytechnic of The Ministry of Health Bandung

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**OVERVIEW OF NURSING CARE IN TYPE 2 DIABETES MELLITUS  
PATIENTS WITH THE APPLICATION OF FOOT EXERCISE  
PROCEDURES TO THE ANKLE BRACHIAL INDEX AT CIBABAT  
HOSPITAL CIMAHI CITY 2022**

**ABSTRACT**

**VI, 51 Pages, 5 Chapters, 1 Chart, 6 Table, 11 Attachment**

This case study is motivated by the increased incidence of Diabetes Mellitus in Indonesia increased by 2% from 2013 which is 12 million according to Riskesdas 2018. The incidence rate of Diabetes Mellitus at Cibabat Hospital is quite high. Type 2 diabetes mellitus is a disease characterized by hyperglycemia and metabolic disorders. Prevention for diabetic feet is by treating the feet one of them with foot exercises, not only to prevent foot exercises can also increase ABI (Ankle Brachial Index). This case study aims to find out the application of foot gymnastics to ABI (Ankle Brachial Index). The case study method used is a descriptive case study method. In patient I the case study starts from 15 – 19 May 2022 and in patient 2 starts on 19 – 23 May 2022. The results of the case study showed in patient I before foot exercises abi value 0.93 and after foot exercises for 5 days abi value to 1.23 with an average of 0,23 while patient II before foot exercises value ABI 0.84 and after foot exercises for 5 days to 1.25 with an average of 0,176. This indicates that there is a significant change between foot exercises and the ABI (Ankle Brachial Index) value. It is hoped that patients and families can be applied every day and for nurses to be able to perform foot exercises actions early on diabetic mellitus patients and for the development of nursing science is expected to add insight, especially in nursing interventions.

Keywords : Type 2 Diabetes Mellitus, Foot Gymnastics, Ankle Brachial Index

Bibliography : 29 (2012 – 2020)