

**I Putu Supriyadi : 3001130020**

**Effect Gymnastics Diabetes to Derivation Command Glucose for Patient Miletus Type II at Puskesmas Sosial KMS Palembang**

**SKRIPSI  
PROGRAM STUDI ILMU KEPERAWATAN  
FAKULTAS ILMU KESEHATAN  
UNIVERSITAS KATOLIK MUSI CHARITAS**

Keywords: Diabetic foot gymnastics, blood sugar level, diabetes mellitus type II.  
(xxvi + 69 Hal + 10 tables + 2 chart + 11 attachments)

**Background:** Diabetes mellitus group disturbance metabolic heterogen which to caused hyperglycemic is cause to un adequate production insulin. Un adequate secretion or combination to the both. Illness diabetes Miletus to need nursing continued and rained to manage the patient self whom continuing and support to prevent complication acute and less risk complication to long term.

**Objective:** To know effect foot gymnastic diabetes to bring down disposal glucose for patient Diabetes Miletus Type II at Puskesmas Sosial KM. 5 Palembang.

**Methods:** This research used quantitative of method pro experiment with approach on group pre-test and post-test. Measures command glucose for patient Diabetes Miletus before and thereafter to perform foot gymnastic diabetes to used glucometer. Total population 30 respondents to total sampling method.

**Result:** The result research patient rearmed to bring down command glucose to test statistics user tested of test.

Result to test measurer median command glucose before and there after result to test statistics with numeral p value = 0,001, because value p value command glucose = < 0,05. So drowned conclusion that be effect which signifying to command glucose before and thereafter to give gymnastic diabetes. In order to hope foot gymnastic diabetes can be come model to minimal numeral apparition diabetes mellitus.

**Bibliography: 24 (2007-2017)**