

**LAPORAN KBM PROFESI NERS  
STASE KEPERAWATAN GERONTIK  
SEMESTER GENAP 2022/2023**

**DOSEN: NINA DWI LESTARI, M.Kep.Ns.Sp.Kep.Kom**

**KEGIATAN : PENILAIAN MINI CEX STASE GERONTIK**  
**LOKASI : BUMIJO RW 01, JETIS, PUSKESMAS JETIS YOGYAKARTA**  
**TANGGAL PRAKTIK : 20 MEI 2023**



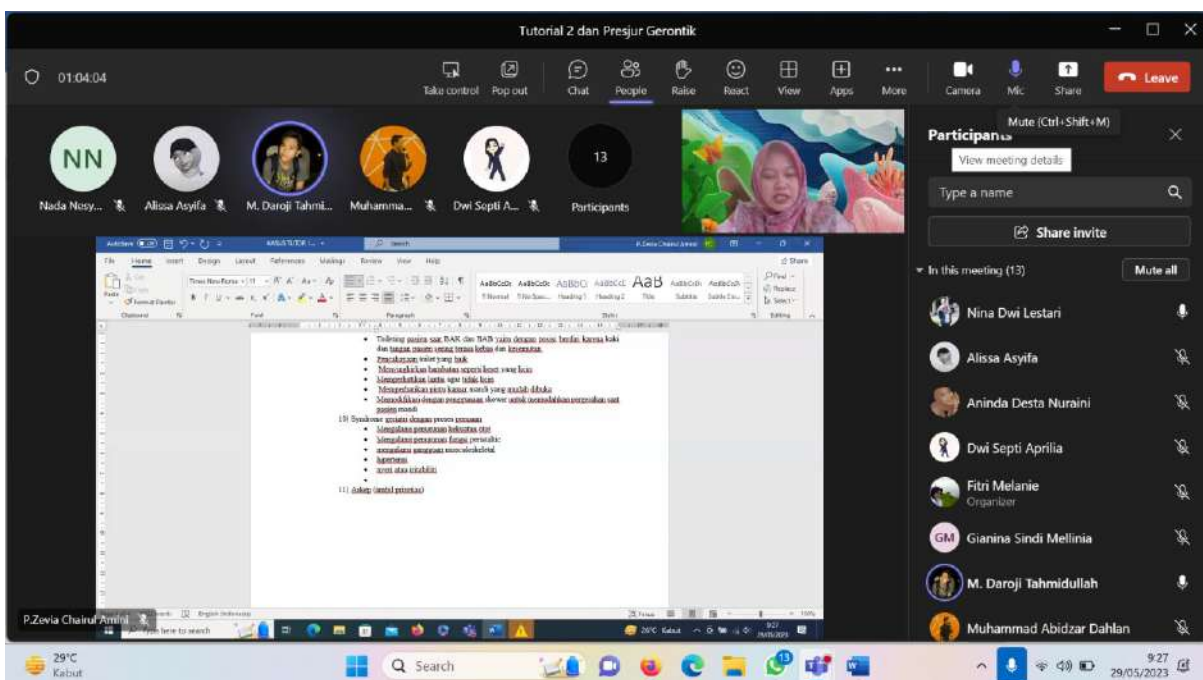
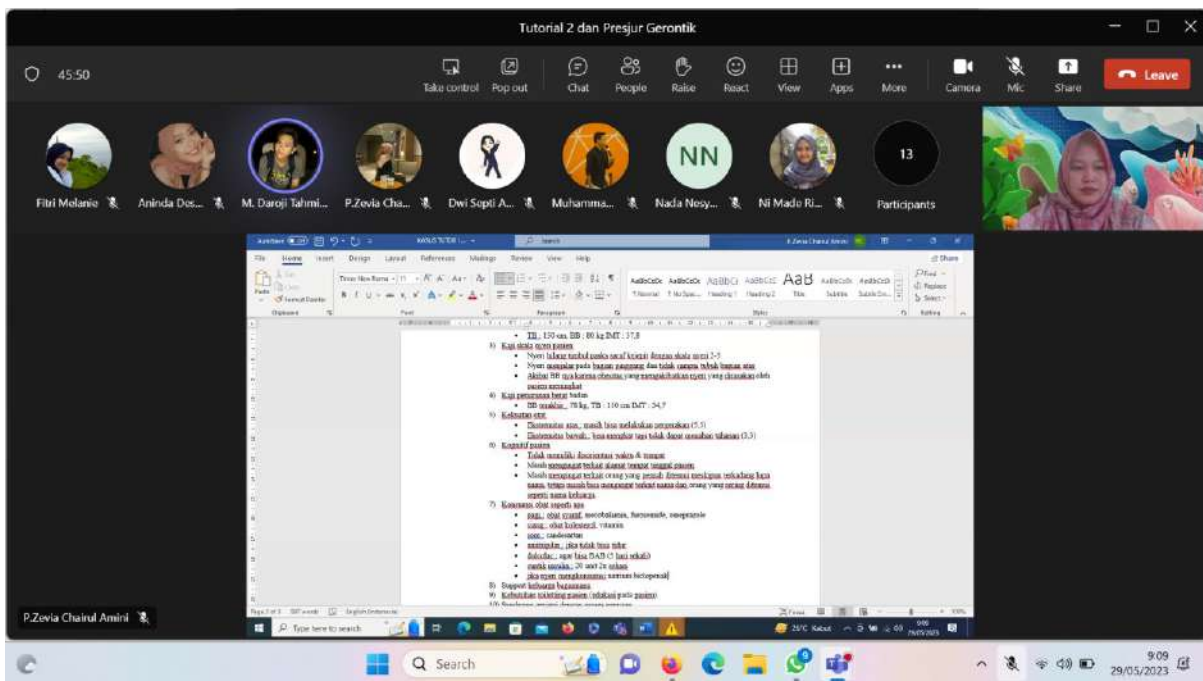
KEGIATAN : TUTORIAL PERTEMUAN KE 2 GERONTIK

TANGGAL : 29 MEI 2023

WAKTU : JAM 08.30

MEDIA : MS TEAMS

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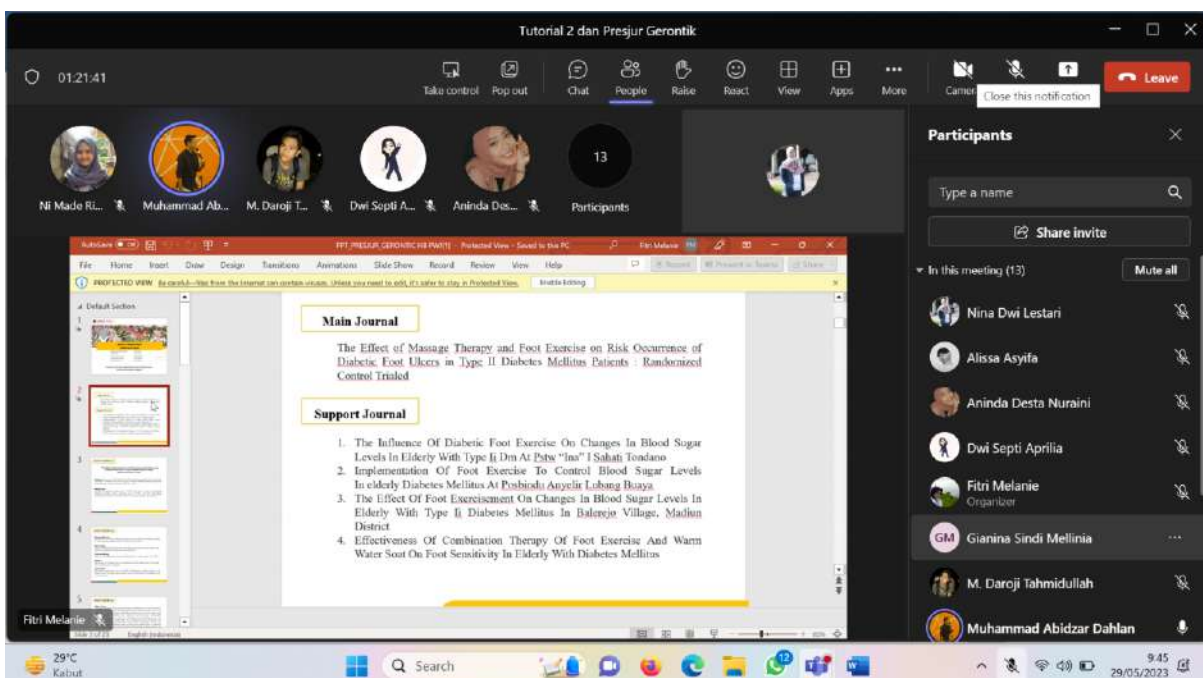
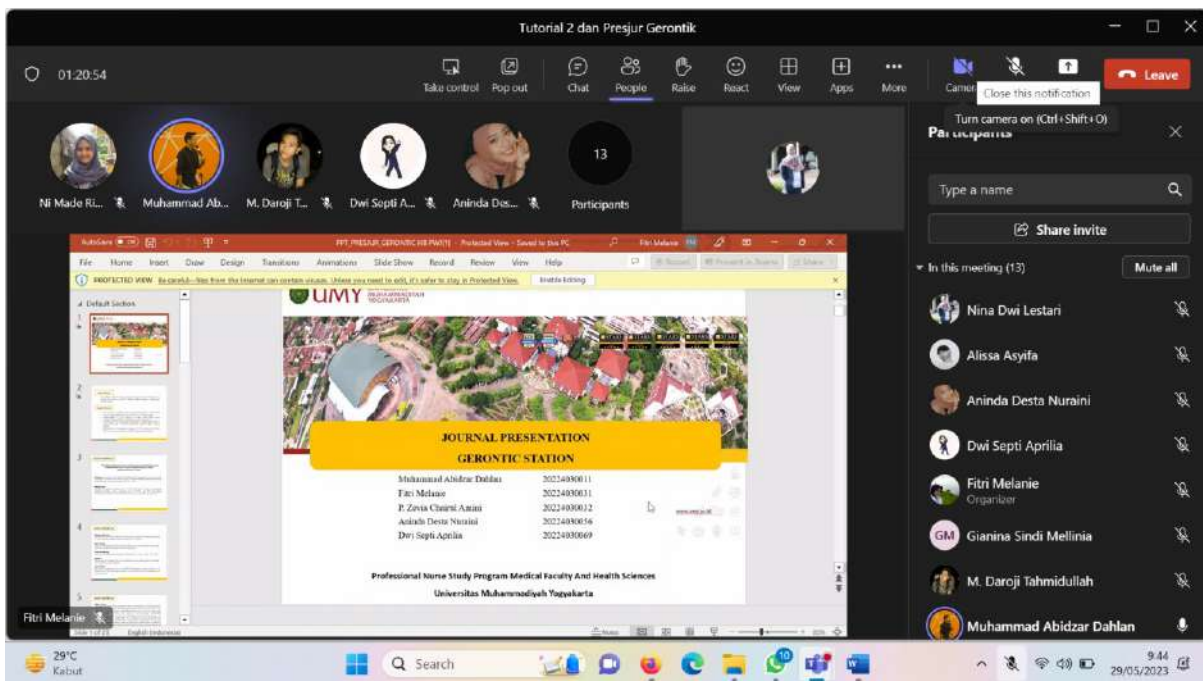
**KEGIATAN : PRESENTASI JURNAL KEPERAWATAN GERONTIK**

**TANGGAL : 29 MEI 2023**

**WAKTU : JAM 10.00**

**MEDIA : MS TEAMS**

<https://teams.microsoft.com/l/meetup-join/19%3aryjOBeylbrO9OMaZGpofqtqSJS6UKIN8NPYmMxXJNJgA1%40thread.tacv2/1685292825567?context=%7b%22Tid%22%3a%22f420743c-bb02-44dc-859e-76ef5c248baa%22%2c%22Oid%22%3a%229f13ac19-6939-4f0a-a2e1-9e56e8ad3c4b%22%7d>



Tutorial 2 dan Presjur Gerontik

01:25:01

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Participants

M. Darozi Tahmidullah  
student  
Ilmu Keperawatan

Send a quick message

Contact

9:45 AM - Same time zone as you

m.darozi.2013@fdk.umy.ac.id

20130320129

LinkedIn

1 possible match for M. Darozi Tahmidullah

M. Darozi Tahmidullah

Muhammad Abidzar Dahlan

29°C Kabut

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9:48 29/05/2023

MAIN JOURNAL

**Data Analysis**  
Univariate analysis presents percentage frequency distributions for Gender, Education, Occupation, co-morbidities, education, DM diet, blood pressure, physical activity, and Treatment. As for age, length of DM, BMI and blood sugar, the mean value is used median, standard deviation and minimum and maximum inter-quartile range. Bivariate analysis with An independent two-mean difference test was performed to determine whether there was a difference in ulcer risk diabetic foot between the intervention group and the control group. Meanwhile, the two mean different test dependent (Paired sample) was done To test whether there is a difference in the risk of diabetic ulcers before and after the intervention of message therapy and foot exercises in the intervention group.

**Result**  
Message therapy and foot exercises effect on reducing the risk of developing diabetic ulcers in patients with type II diabetes mellitus. BMessage therapy and foot exercises can be developed as independent nursing actions for patients type II diabetes mellitus in preventing the risk of diabetic foot ulcers.

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01:26:19

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Alissa Asyifa

Aninda Desta Nuraini

Dwi Septi Aprilia

Fitri Melanie  
Organizer

GM Gianina Sindi Mellinia

M. Darozi Tahmidullah

Muhammad Abidzar Dahlan

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9:49 29/05/2023

Critical Appraisal

Is research relevant to practice?  
Yes, according to our group, this research is relevant to practice because it discusses treatments that can be carried out in the elderly with diabetes mellitus.

Can the research results be applied by nurses?  
Yes, according to our group the results of this study can be applied by nurses because this action is one of the non-pharmacological interventions that can help elderly people with diabetes mellitus to be able to control the disease they are experiencing.

Do the benefits of the study outweigh the risks, if applied by nurses?  
According to our group, this study has greater benefits outweigh the risks. The implementation of this intervention does not endanger the patient's life, instead it provides enormous benefits, such as increasing blood circulation and foot sensitivity, strengthening the small muscles of the foot, prevent injuries, preventing foot deformities and limitations of movement, affecting temporary reduction in blood sugar levels and reducing the risk of diabetes complications such as heart disease and hypertension

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01:28:56

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State your opinion about the research results, do they apply to your current nursing practice? Explain why!

In our opinion, the results of this study apply to current nursing practice because the most important diabetes mellitus management program is to normalize blood glucose levels to reduce long-term impacts or complications. The role of diabetic foot exercise intervention is very important for complementary therapy in type II DM patients because the foot exercise movement will provide a stimulus to the blood vessels and can improve peripheral circulation. The provision of foot exercise therapy is also currently used as an alternative treatment for diabetes mellitus patients that is cheap, easy, and safe. The mechanism for leg exercise is very easy because it can be done indoors or outdoors, does not require a long time and does not require complicated equipment (only a chair and a piece of old newspaper).

If applicable, how is it implemented? And what things to pay attention to?

Diabetic foot exercise is an activity or exercise that is done by moving the muscles and joints of the legs. Foot exercises can be done by moving the feet and the joints of the feet, for example standing with both heels raised, lifting the feet and lowering the feet. Other movements can be in the form of bending, straightening, lifting, twisting in or out and gripping the toes as well. The frequency of standard diabetic foot exercises is carried out 3-5 times a week with a duration of 30-40 minutes each meeting. Diabetic foot exercises should be done regularly, controlled, measurable and continuous.

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01:31:12

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9:54 29/05/2023

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"THE INFLUENCE OF DIABETIC FOOT EXERCISE ON CHANGES IN BLOOD SUGAR LEVELS IN ELDERLY WITH TYPE II DM AT PSTW "INA" I SAHATI FONDANO"

1.	Citation	Tunniwa, F. F., Pondaa, A., & Musak, R. A. (2023). The Influence of Diabetic Foot Exercise on Changes in Blood Sugar Levels in Elderly with Type II DM at PSTW "INA" I Sahati Tondano. <i>Tambusai Journal of Health</i> , Vol. 4 No.2 June 2023 <a href="https://doi.org/10.31004/jtk.v4i2.14486">https://doi.org/10.31004/jtk.v4i2.14486</a>
2.	Background	Diabetes mellitus (DM) is a group of metabolic diseases with characteristic hyperglycemia that occurs due to abnormalities in insulin secretion, insulin action or both (PERKENI, 2019). Based on the pattern of population growth, it is estimated that in 2030 there will be 194 million people aged over 20 years and assuming the prevalence of DM in urban (14.7%) and rural (7.2%), it is estimated that there will be 28 million people with diabetes, in urban areas and 13.9 million in rural areas (PERKENI, 2019).

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02:07:44

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Muhamma... M. Daroju T... Fitri Melanie Dwi Septi A... Ni Mado Rima ... Participants

13

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In this meeting (13) Mute all

Nina Dwi Lestari

Aissa Asyifa

Aninda Desta Nuraini

Dwi Septi Aprilia

Fitri Melanie Organizer

GM Gianina Sindi Mellinia

M. Daroju Tahmidullah

Muhammad Abidzar Dahlan

Citation

Pranata, L., Koernawan, D., & Daeli, N. E. (2020, October). The Effectiveness of Rom on the Range of Motion of the Elderly Joints. In *Proceeding of the National Seminar on Nursing* (Vol. 5, No. 1, pp. 110-117).

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10:31 29/05/2023

Tutorial 2 dan Presjur Gerontik

02:20:25

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NN M. Daroju T... Aissa Asyifa Dwi Septi A... Muhamma... Rusdi Halim Ni Mado Ri... Fitri Melanie Participants

12

Unmute (Ctrl+Shift+M)

blood pressure shown:

**SUPPORTING JOURNAL 2**

Hartinah, S., Pranata, L., & Koernawan, D. (2019). EFFECTIVENESS OF ACTIVE RANGE OF MOTION (ROM) ON UPPER AND LOWER EXTREMITY MUSCLE STRENGTH IN THE ELDERLY. *Publication of Applied and Policy Research*, 2 (2), 113-121. <https://doi.org/https://doi.org/10.46774/pprk.v2i2.87>

The results showed that the upper and lower extremity muscle strength scales in the control group between the pretest measurements had the same muscle strength scale values, namely 5 respondents (55.6%) had a muscle strength scale value of 4, while the results of observations after the third day with the posttest measurement scale upper extremity muscle strength and lower extremities in the control group is still the same and fixed

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10:43 29/05/2023

Tutorial 2 dan Presjur Gerontik

02:46:12

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Rusdi Halim M. Darozi T... P.Zevia Cha... Sitti Nenti ... Nada Nesy... Aninda Des...

**A. Deskripsi kejadian**

Saya sempat memiliki keluarga asuhan bapak A, yang mana bapak A pernah sakit namun beliau tidak mau dibawa ke pelayanan kesehatan karena istri bapak A lebih memilih berobat ke orang pintar karena tidak usap dan manjur, keluarga yang lain pun tidak melarang dan mempersilahkan. Saya merasa heran kenapa istri bapak A lebih memilih orang pintar dan tidak ingin ke pelayanan kesehatan. Disini saya mendapat edukasi terkait pentingnya pergi ke pelayanan kesehatan yang sudah pasti teruji pengobatannya ketimbang ke orang pintar.

**B. Eksplorasi perasaan**

Perasaan yang saya rasakan saat itu adalah merasa sedikit prihatin karena istri bapak A belum mau ke pelayanan kesehatan.

Rusdi Halim

**Participants**

Type a name

Share invite

Nina Dwi Lestari  
Aninda Desta Nuraini  
M. Darozi Tahmidullah  
NN Nada Nesyifa  
P.Zevia Chairul Amini  
Rusdi Halim  
Sitti Nenti Sarifah Sundari  
Send  
Others invited (1)  
Fitri Melanie Organizer

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03:02:12

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Rusdi Halim M. Darozi Tahmidullah P.Zevia Chairul Amini Sitti Nenti Sarifah Sundari

NN Nada Nesyifa Aninda Desta Nuraini

**Participants**

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In this meeting (7)  
Nina Dwi Lestari  
Aninda Desta Nuraini  
M. Darozi Tahmidullah  
NN Nada Nesyifa  
P.Zevia Chairul Amini  
Rusdi Halim  
Sitti Nenti Sarifah Sundari  
Others invited (1)

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