

**PENGARUH SENAM KAKI DIABETIK TERHADAP PENINGKATAN  
CAPILLARY REFILL TIME EKSTREMITAS BAWAH DAN  
PENURUNAN GLUKOSA DARAH PADA PASIEN DM DI DESA  
RANDEGAN DAN DESA RAWAHENG, KEC. WANGON**

*The Effect Of Diabetic Foot Gymnastics On Increasing Lower Extremity  
Capillary Refill Time And Reducing Blood Glucose In DM Patients In Randegan*

*Village and Rawaheng Village, Kec. Wangon*

**Anggun Nurmalia Azzahra<sup>1</sup>, Sarwa<sup>2</sup>, Sutarno<sup>3</sup>**

<sup>123</sup>Universitas Al-Irsyad Cilacap

**Jl. Cerme No. 24 Sidanegara, Cilacap**

**Email : [anggunnurmalia260901@gmail.com](mailto:anggunnurmalia260901@gmail.com)**

**ABSTRAK**

Diabetes mellitus adalah penyakit yang dapat menyebabkan penurunan *capillary refill time* dan peningkatan kadar glukosa darah. Penelitian bertujuan menganalisis pengaruh senam kaki diabetik terhadap peningkatan *capillary refill time* dan penurunan glukosa darah pada pasien DM di Desa Randegan dan Desa Rawaheng, Kec. Wangon. Desain penelitian yang digunakan adalah *pre experimental* dengan pendekatan *one group pre-post test*. Sampel yang diambil sebanyak 32 pasien DM dengan menggunakan teknik *purposive sampling*. Analisis kedua variabel menggunakan *Wilcoxon signed ranks test*. Hasil uji kedua variabel terdapat pengaruh senam kaki diabetik terhadap peningkatan *capillary refill time* dan penurunan glukosa darah pada pasien DM di Desa Randegan dan Desa Rawaheng, Kec. Wangon (CRT P-Value = 0.000, Glukosa Darah P-Value = 0.000). Saran, senam kaki diabetik dapat dilakukan secara rutin untuk meningkatkan *capillary refill time* dan menurunkan glukosa darah.

Kata Kunci : Diabetes Mellitus, DM, *Capillary Refill Time*, CRT, Glukosa Darah

**ABSTRACT**

*Diabetes mellitus is a disease that can cause a decrease in capillary refill time and an increase in blood glucose levels. The aim of this study was to analyze the effect of diabetic foot exercise on increasing capillary refill time and decreasing blood glucose in DM patients in Randegan Village and Rawaheng Village, Kec. Wangon. The research design used was pre-experimental with a one-group pre-post test approach. Samples were taken as many as 32 DM patients using purposive sampling technique. Analysis of both variables using the Wilcoxon signed ranks test. The test results of the two variables show the effect of diabetic foot exercise on increasing capillary refill time and decreasing blood glucose in DM patients in Randegan Village and Rawaheng Village, Kec. Wangon (CRT P-Value = 0.000, Blood Glucose P-Value = 0.000). Suggestion, diabetic foot exercise can be done routinely to increase capillary refill time and lower blood glucose.*

Keywords : Diabetes Mellitus, DM, *Capillary Refill Time*, CRT, Blood Glucose