ABSTRACT

Background: *Diabetes mellitus can cause diabetic neuropathy characterized by neuropathic pain. Diabetic foot exercise is a non-pharmacological approach that may help reduce pain.* ***Objective:*** *To determine the relationship between diabetic foot exercise and pain levels in patients with diabetic neuropathy at Royal Prima Hospital Medan.* ***Methods:*** *A quantitative analytical correlational study with a cross-sectional approach was conducted. The sample consisted of 54 respondents from a population of 115 patients. Data were collected using a diabetic foot exercise checklist and Visual Analog Scale (VAS), then analyzed using the Chi-Square test.* ***Results:*** *Of the respondents, 30 (55.6%) performed diabetic foot exercise and 24 (44.4%) did not. Among those who performed the exercise, 20 (66.7%) experienced mild pain, while 11 (45.8%) of those who did not perform the exercise experienced severe pain. The ChiSquare test showed a p-value of 0.000 (p<0.05).* ***Conclusion:*** *There was a significant relationship between diabetic foot exercise and pain levels in patients with diabetic neuropathy at Royal Prima Hospital Medan.*

Keywords: *Diabetic Foot Exercise; Pain Level; Diabetic Neuropathy; VAS.*

ABSTRAK

Latar Belakang: Diabetes melitus dapat menyebabkan neuropati diabetik yang ditandai dengan nyeri neuropatik. Senam kaki diabetik merupakan salah satu upaya nonfarmakologis yang dapat membantu mengurangi nyeri. **Tujuan:** Mengetahui hubungan senam kaki diabetik dengan tingkat nyeri pada pasien diabetes melitus neuropati di RSU Royal Prima Medan. **Metode:** Penelitian kuantitatif dengan desain analitik korelasional dan pendekatan cross sectional. Sampel berjumlah 54 responden dari populasi 115 pasien. Data dikumpulkan menggunakan checklist senam kaki diabetik dan Visual Analog Scale (VAS), kemudian dianalisis dengan uji Chi-Square. **Hasil:** Sebanyak 30 responden (55,6%) melaksanakan senam kaki diabetik dan 24 responden (44,4%) tidak melaksanakannya. Pada kelompok yang melaksanakan senam kaki, 20 responden (66,7%) mengalami nyeri ringan, sedangkan pada kelompok yang tidak melaksanakan, 11 responden (45,8%) mengalami nyeri berat. Uji ChiSquare menunjukkan p-value = 0,000 (p<0,05). **Kesimpulan:** Terdapat hubungan yang signifikan antara senam kaki diabetik dengan tingkat nyeri pada pasien diabetes melitus neuropati di RSU Royal Prima Medan.

Kata Kunci: Senam Kaki Diabetik; Tingkat Nyeri; Diabetes Melitus Neuropati; VAS.