APPLICATION OF ROMEBEAUTY APPLICATIONS TO DECREASING BLOOD SUGAR LEVELS IN DIABETES MELLITUS PATIENTS

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ABSTRACT

Background: Diabetes Mellitus (DM) is a chronic sickness which is caused by high blood glucose levels with metabolic disorder. Normally, blood glucose is controlled by insulin, some hormone that produced by pancreas, which allowed cells to absorb glucose in the blood. But in diabetes, occurs insulin deficiency caused by decreased insulin secretion and inhibition of insulin absorption. One of non-pharmacological therapy for to reduce blood glucose is consuming Romebeauty apple regularly.

Objectives: Describes the results of application of Romebeauty apple with decreases of blood glucose on Diabetes Mellitus patients.

Method: This research used descriptive method with measurement of blood glucose levels on a time and observation sheets.

Result: After applying Romebeauty apple consumption 3 times a day in a week, continuously, there was a decrease in blood glucose on a time in both respondents. Decrease occurred from poor level to medium levels. Blood glucose on a time Mrs. J level decreases from 249 mg/dl to 149 mg/dl, and a while Mr. I from a level 210 mg/dl to 177 mg/dl the average decrease on two respondents are 66.5.

Conclusion: The decreases on blood glucoses on a time levels are after applying apple Romebeauty consumptions.

Keywords: Diabetes Mellitus, Hyperglycemia, Romebeauty apples