

DAFTAR LAMPIRAN

- Lampiran 1 SAP Teknik *Progressive Muscle Relaxation*
- Lampiran 2 SOP Teknik *Progressive Muscle Relaxation*
- Lampiran 3 Panduan Teknik *Progressive Muscle Relaxation*
- Lampiran 4 Lembar Evaluasi Teknik *Progressive Muscle Relaxation*
- Lampiran 5 Lembar Observasi Gula Darah
- Lampiran 6 Lembar Observasi *Diabetes Distres Scale (DDS)*
- Lampiran 7 SAP 3J Diabetes Melitus
- Lampiran 8 Brosur 3J Diabetes Melitus
- Lampiran 9 Leaflet Diabetes Melitus