

**PENERAPAN INTERVENSI *DIABETIC FOOT SPA* UNTUK
MENINGKATKAN *ANKLE BRACHIAL INDEX* (ABI) PADA
NY “J” DENGAN MASALAH PERFUSI PERIFER TIDAK
EFEKTIF PADA PASIEN DIABETES MELLITUS TIPE 2
DI RSUD PANEMBAHAN SENOPATI BANTUL**

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INTISARI

Latar Belakang: Diabetes Mellitus (DM) terjadi ketika kadar glukosa dalam darah tinggi dan menyebabkan gangguan metabolisme lemak protein dan karbohidrat karena gangguan sekresi insulin dan kerja insulin yang tidak normal. Glukosa darah yang tidak terkontrol dapat menyebabkan komplikasi pembuluh darah. Pencegahan yang dapat dilakukan yaitu dengan spa kaki diabetik.

Tujuan: Untuk mengetahui penerapan perawatan spa kaki diabetik dalam asuhan keperawatan pasien dengan Diabetes Mellitus tipe 2 di RSUD Panembahan Senopati, Bantul.

Metode: *Case Study* ini menggunakan rancangan *pretest* dan *posttest*. Sampel dalam *case study* ini berjumlah 1 orang pasien dengan diabetes mellitus tipe 2 dan diambil berdasarkan kriteria inklusi dan eksklusi. *Case Study* ini dilakukan sesuai dengan prosedur selama 3 hari dengan durasi selama 30 menit, yaitu pengukuran *ankle brachial index* sebelum dan sesudah diberikan tindakan serangkaian *diabetic foot spa* yaitu, senam kaki diabetes, rendam kaki menggunakan air hangat, membersihkan kaki menggunakan sabun mandi bayi, *pedicure*, *scrub*, *foot mask*, pemijatan dan pengaplikasian *lotion*.

Hasil: Data sebelum dilakukan perawatan *diabetic foot spa* adalah $ABI < 0,90$, sedangkan setelah dilakukan serangkaian spa kaki diabetik nilai $ABI > 0,90$.

Kesimpulan: Terdapat pengaruh *diabetic foot spa* terhadap peningkatan *ankle brachial index* pada pasien diabetes mellitus dengan masalah perfusi perifer.

Kata Kunci: *Diabetes Mellitus Type 2, Ankle Brachial Index (ABI), Diabetic Foot Spa*

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**APPLICATION OF DIABETIC FOOT SPA INTERVENTION TO INCREASE
ANKLE BRACHIAL INDEX (ABI) IN NY “J” WITH PERIPHERAL
PERFUSSION PROBLEMS IS NOT EFFECTIVE
IN TYPE 2 DIABETES MELLITUS PATIENTS AT
PANEMBAHAN SENOPATI BANTUL HOSPITAL**

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ABSTRACT

Background: Diabetes Mellitus (DM) occurs when blood glucose levels are high and causes disturbances in fat, protein and carbohydrate metabolism due to impaired insulin secretion and abnormal insulin work. Uncontrolled blood glucose can cause blood vessel complications. Prevention that can be done is with a diabetic foot spa.

Objective: To determine the application of diabetic foot spa treatment in the nursing care of patients with Type 2 Diabetes Mellitus at Panembahan Senopati Regional Hospital, Bantul.

Method: This case study uses a pretest and posttest design. The sample in this case study consisted of 1 patient with type 2 diabetes mellitus and was taken based on inclusion dan exclusion criteria. This case study was carried out according to the procedure for 3 days with a duration of 30 minutes, namely measuring the ankle brachial index before and after being given a series of diabetic foot spa procedures, namely, diabetic foot exercises, soaking the feet in warm water, cleaning the feet using baby bath soap, pedicure, scrub, foot mask, massage and application of lotion.

Results: Data before the diabetic foot spa treatment was carried out was ABI <0.90, whereas after a series of diabetic foot spas the ABI value was >0.90.

Conclusion: There is an effect of diabetic foot spa on increasing ankle brachial index in diabetes mellitus patients with peripheral perfusion problems.

Keywords: Diabetes Mellitus Type 2, Ankle Brachial Index (ABI), Dabetic Foot Spa

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