

**PENGARUH BUERGER ALLEN EXERCISE TERHADAP NILAI ANKLE
BRACHIAL INDEX PADA PENYANDANG DM DI WILAYAH KERJA
PUSKESMAS GAMPING**

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ABSTRAK

Latar Belakang: Salah satu komplikasi umum ditemukan pada diabetes melitus adalah neuropati diabetik Pencegahan komplikasi diabetes neuropati perifer salah satunya dengan perawatan kaki. Senam kaki merupakan salah satu latihan fisik untuk perawatan kaki yang diberikan kepada pasien diabetes melitus yang bertujuan untuk meningkatkan sirkulasi perifer kaki sehingga dapat mencegah terjadinya penyakit arteri perifer. Latihan kaki yang dapat dilakukan yaitu senam kaki diabetes dan buerger allen exercise. Namun pada senam kaki diabetes terlalu banyak gerakan sehingga membuat responden kurang hapal gerakan , maka dari alternatif lain latihan kaki yang bisa dilakukan adalah *buerger allen exercise*.

Tujuan : Diketuinya pengaruh Buerger Allen Exercise terhadap nilai ankle brachial index pada penyandang DM di Wilayah Kerja Puskesmas Gamping.

Metode: Jenis penelitian ini adalah *quasy eksperimental* dengan desain *non equivalent control group*. Penelitian ini di laksanakan pada bulan Maret-April 2022. Populasi penelitian ini adalah pasien PROLANIS yang menyandang DM. Jumlah Sampel Penelitian ini adalah 84 orang. Analisis data menggunakan uji *wilcoxon* dan *Mann-Whitney*

Hasil: Hasil penelitian menunjukan bahwa ada pengaruh yang signifikan Buerger Allen Exercise terhadap nilai ankle brachial index dengan nilai p value = 0,000 atau $p < 0,05$ yang bisa diartikan terdapat perbedaan nilai ABI sesudah pemberian buerger allen exercise pada kelompok intervensi dan senam kaki pada kelompok kontrol.

Kesimpulan : terdapat pengaruh yang signifikan buerger allen exercise terhadap nilai ankle brachial index pada penyandang DM di wilayah kerja Puskesmas Gamping.

Kata kunci : buerger allen exercise, nilai ankle brachial index, neuropati diabetik

THE EFFECT OF BUERGER ALLEN EXERCISE ON THE VALUE OF ANKLE BRACHIAL INDEX IN PEOPLE WITH DIABETIC IN THE WORK AREA OF GAMPING HEALTH CENTER

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ABSTRACT

Background : One of the common complications found in diabetes mellitus is diabetic neuropathy. Prevention of complications of diabetes peripheral neuropathy is one of them with foot care. Foot exercise is one of the physical exercises for foot care given to patients with diabetes mellitus which aims to improve peripheral circulation so as to prevent peripheral arterial disease. Foot exercises that can be done are diabetic foot exercises and *Buerger Allen exercise*. However, in diabetic foot exercises there are too many movements so that the respondents do not know the movements well, so from another alternative foot exercise that can be done is *the Buerger Allen exercise*.

Objective : To know the effect of Buerger Allen Exercise on the value of the ankle brachial index in people with Diabetic in the Gamping Health Center Work Area.

Methodology : This type of research is quasi-experimental with a non-equivalent control group design. This study was conducted in March-April 2022. The population of this study was PROLANIS patients with diabetic. The number of samples in this study was 84 people. Data analysis using Wilcoxon and Mann-Whitney test.

Results : The results showed that there was a significant effect of Buerger Allen Exercise on the value of the ankle brachial index with p value = 0.000 or $p < 0.05$, which could mean that there was a difference in the ABI value after giving Buerger Allen exercise in the intervention group and foot exercise in the control group.

Conclusion : There is a significant effect of Buerger Allen exercise on the value of the ankle brachial index in people with diabetic in the working area of the Gamping Health Center.

Keywords : Buerger allen exercise, ankle brachial index, diabetic