

PENERAPAN *FOOT MASSAGE* DALAM PEMENUHAN KEBUTUHAN RASA NYAMAN : NYERI NEUROPATI PERIFER DIABETIK PADA PASIEN DIABETES MELITUS DI RSUD WATES

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ABSTRAK

Latar belakang : Neuropati perifer diabetik merupakan salah satu komplikasi kronis diabetes melitus yang sering menimbulkan nyeri, kesemutan, kebas, dan penurunan kenyamanan pasien. *Foot massage* merupakan terapi nonfarmakologis yang dapat digunakan untuk membantu mengurangi nyeri neuropati dan meningkatkan rasa nyaman. **Tujuan:** Menganalisis penerapan *foot massage* dalam pemenuhan kebutuhan rasa nyaman: nyeri neuropati perifer diabetik pada pasien diabetes melitus di RSUD Wates. **Metode :** Studi kasus dilakukan pada dua pasien DM tipe 2 dengan nyeri neuropati perifer diabetik. Pengkajian dilakukan menggunakan metode PQRST, skala Numeric Rating Scale (NRS), dan kuesioner DN4. Intervensi *foot massage* diberikan selama 15 menit pada masing-masing kaki selama tiga hari berturut-turut. Evaluasi dilakukan melalui pengukuran intensitas nyeri dan respons kenyamanan pasien. **Hasil :** Setelah pemberian *foot massage* pada kedua pasien keluhan kebas dan kesemutan menurun, serta peningkatan rasa nyaman dan relaksasi pasien. Pasien tampak lebih rileks, mampu beristirahat dengan lebih baik, dan menunjukkan respons positif terhadap intervensi yang diberikan. **Diskusi :** Pada kasus yang dikelola, pemberian *foot massage* berhubungan dengan penurunan intensitas nyeri dan peningkatan kenyamanan pasien.

Kata Kunci : *Foot massage, neuropati perifer diabetes, rasa nyaman*

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THE APPLICATION OF FOOT MASSAGE IN MEETING COMFORT NEEDS: DIABETIC PERIPHERAL NEUROPATHIC PAIN IN DIABETES MELLITUS PATIENTS AT WATES GENERAL HOSPITAL

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ABSTRAK

Background: Diabetic peripheral neuropathy is one of the chronic complications of diabetes mellitus that often causes pain, tingling, numbness, and reduced comfort in patients. Foot massage is a nonpharmacological therapy that can be used to help reduce neuropathic pain and improve comfort. **Objective:** To analyze the use of foot massage in meeting comfort needs specifically, diabetic peripheral neuropathic pain : in patients with diabetes mellitus at Wates Regional General Hospital. **Methods:** A case study was conducted on two patients with type 2 diabetes mellitus (DM) experiencing diabetic peripheral neuropathy pain. Assessments were performed using the PQRST method, the Numeric Rating Scale (NRS), and the DN4 questionnaire. Foot massage was administered for 15 minutes on each foot for three consecutive days. Evaluation was conducted by measuring pain intensity and patients' comfort responses. **Results:** After the foot massage was administered to both patients, complaints of numbness and tingling decreased, and the patients' sense of comfort and relaxation increased. The patients appeared more relaxed, were able to rest better, and showed a positive response to the intervention. **Discussion:** In the cases managed, the administration of foot massage was associated with a reduction in pain intensity and an increase in patient comfort.

Keywords: *Foot massage, diabetic peripheral neuropathy, comfort*

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