

ABSTRAK

PENGARUH *BUERGER ALLEN EXERCISE* (BAE) TERHADAP KEEFEKTIFAN PERFUSI PERIFER EKSTREMITAS BAWAH PASIEN DIABETES MELLITUS TIPE II DI PUSKESMAS SOOKO MOJOKERTO

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Diabetes Melitus (DM) merupakan penyakit serius yang menimbulkan berbagai komplikasi dan kematian. Komplikasi DM menyebabkan gangguan aliran pembuluh darah perifer ke kaki. salah satu jenis terapi yang dapat meningkatkan perfusi ekstremitas bawah yaitu Buerger Allen Exercise (BAE). Penelitian ini bertujuan untuk mengetahui pengaruh terapi BAE terhadap keefektifan perfusi perifer pada pasien diabetes mellitus tipe 2. Desain penelitian menggunakan *Quasi experiment* , *Pretest Posttest with control group*. Besar sampel penelitian sebanyak 24 Pasien, dibagi menjadi 12 Pasien pada masing-masing kelompok dengan menggunakan *simple random sampling*. BAE diberikan pada kelompok intervensi selama 6 hari sedangkan kelompok kontrol mendapatkan edukasi dengan booklet. Keefektifan perfusi perifer ekstremitas bawah diukur dengan monofilamen test. Hasil uji *Shapiro wilk* menunjukkan data tidak berdistribusi normal, Analisis data dilakukan menggunakan *Wilcoxon* untuk membandingkan pretest posttest serta *Mann whitney* untuk membandingkan kedua kelompok. Hasil uji *Wilcoxon* didapatkan kelompok intervensi nilai P value $(0,014) < \alpha (0.05)$ dan pada kelompok kontrol nilai P value $(0,317) > \alpha (0.05)$ dapat disimpulkan bahwa terdapat pengaruh BAE pada kelompok intervensi tetapi kelompok kontrol tidak dapat pengaruh pada hasil nilai monofilamen test. Uji *Man whitney* mendapatkan P value $(0.028) < \alpha (0.05)$ yang artinya terdapat pengaruh BAE terhadap keefektifan perfusi perifer ekstremitas bawah pada Pasien diabetes melitus tipe 2. Dengan demikian Buerger Allen Exercise dapat mempengaruhi keefektifan perfusi perifer ekstremitas bawah.

Kata Kunci : Buerger Allen Exercise, Perfusi perifer.

ABSTRACT

THE EFFECT OF BUEGER ALLEN EXERCISE (BAE) ON THE EFFECTIVENESS OF LOWER EXTREMITY PERIPHERAL PERFUSION IN TYPE II DIABETES MELLITUS PATIENTS AT SOOKO MOJOKERTO HEALTH CENTER

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Diabetes Mellitus (DM) is a serious disease that causes various complications and death. DM complications can obstruct peripheral blood flow to the legs. One of the therapy that can increase lower extremity perfusion is Bueger Allen Exercise (BAE). This research determine the effect of BAE on the effectiveness of peripheral perfusion in patients with type 2 DM. The design used a Quasi experiment, Pretest Posttest with control group. The sample size was 24 patients, divided into 12 patients in each group using simple random sampling. BAE was given to the intervention group for 6 days while the control group received education with a booklet. The effectiveness of lower extremity peripheral perfusion was measured by the monofilament test. The result of Shapiro Wilk shows that the data is not normal. Data analysis used Wilcoxon to compare pretest posttest and Mann Whitney to compare the two groups. The Wilcoxon test showed that the intervention group P value $(0.014) < \alpha (0.05)$ and in the control group P value $(0.317) > \alpha (0.05)$ can be concluded that there was an affect of BAE in the intervention group but the control group had no affect on the results monofilament test. The Man Whitney test obtained P value $(0.028) < \alpha (0.05)$, which means that there is an affect of BAE on the effectiveness of peripheral perfusion of the lower extremities in people with type 2 diabetes mellitus. The Bueger Allen Exercise can affect the effectiveness of peripheral perfusion of the lower extremities.

Keywords : *Bueger Allen Exercise, peripheral perfusion.*