

# Efektivitas kombinasi senam kaki diabetik dan terapi SPA terhadap peningkatan sensasi kaki pada pasien dengan neuropati perifer diabetik = The effect of combination between diabetic legs exercise and SPA therapy on foot sensitivity escalation among patients with diabetic peripheral neuropathy / Suyanto

Suyanto, author

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## Abstrak

[<b>ABSTRAK</b><br>

Penderita neuropati perifer diabetik yang mengalami penurunan sensasi kaki dapat berakibat terjadinya luka diabetik. Penelitian ini bertujuan mengetahui efektivitas kombinasi senam kaki diabetik dan terapi SPA terhadap peningkatan sensasi kaki pada pasien dengan neuropati perifer diabetik. Penelitian ini menggunakan kuasi experimental pretest-posttest design with control group dengan jumlah sample 35 orang yang didapat dengan tehnik purposive sampling. Pengukuran sensasi kaki dilakukan pada hari pertama minggu ke-1 dan hari terakhir minggu ke-4 perlakuan. Sampel penelitian yaitu pasien neuropati perifer diabetik dengan skor sensasi kaki maksimal 8. Hasil uji mann whitney menunjukkan ada perbedaan rerata peningkatan sensasi kaki yang diberikan kombinasi senam kaki diabetik dan terapi SPA dibandingkan hanya diberikan tindakan senam kaki diabetik (p value < 0.05). Tindakan kombinasi senam kaki diabetik dan terapi SPA lebih efektif dalam meningkatkan sensasi kaki yang akan berpengaruh terhadap menurunnya resiko luka pada pasien DM.

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<b>ABSTRACT</b><br>

Diabetic peripheral neuropathy patients with decreasing in foot sensation will impact on diabetic ulcers. This study aims to explore the effect of combination between diabetic legs exercise and SPA therapy on foot sensitivity escalation among patients with diabetic peripheral neuropathy. This study used quasiexperimental pretest-posttest design with control group with 35 respondents and recruited by purposive sampling methode. Data were collected from patients with peripheral diabetic neuropathy and had 8 maximum score of foot sensitivity.. Foot sensitivity was measured on the 1st day of intervention and end day of intervention. Mann whitney test analysis showed significant differences on foot sensitivity with combination of diabetic legs exercise and SPA therapy compare to diabetic legs exercise only (p value < 0.05). It can be inferred that combination of diabetic legs exercise and SPA therapy are more effective to increase legs sensitivity. Therefore, combined effect of those therapies may eventually decrease diabetic ulcers risk., Diabetic peripheral neuropathy patients with decreasing in foot sensation will impact on diabetic ulcers. This study aims to explore the effect of combination

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