

Pengaruh terapi kombinasi laserpunktur dan perawatan luka konvensional terhadap peningkatan penyembuhan ulkus kaki diabetik = Effect of combination laserpuncture therapy and conventional wound care to accelerate the healing of diabetic foot ulcers

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Abstrak

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Ulkus kaki diabetik mengakibatkan mortalitas yang semakin meningkat terutama pasca amputasi, beban yang signifikan pada pembiayaan kesehatan dan menyebabkan hilangnya produktivitas. Penelitian ini bertujuan untuk mengetahui efektivitas terapi kombinasi dari laserpunktur dan perawatan luka konvensional dibandingkan dengan laserpunktur sham dan perawatan luka konvensional terhadap penyembuhan ulkus kaki diabetik. Uji klinis acak tersamar ganda dengan pembandingan dilakukan terhadap 36 pasien yang dialokasikan ke dalam kelompok kasus atau kelompok kontrol. Tindakan laserpunktur dilakukan pada titik LI4 Hegu, ST36 Zusanli, SP6 Sanyinjiao, dan KI3 Taixi bilateral serta penyinaran pada ulkus dua kali seminggu, selama empat minggu. Rerata ukuran ulkus kaki diabetik sebagai keluaran primer diukur setiap minggu. Hasil penelitian menunjukkan perbedaan yang bermakna antara penurunan luas luka akhir di kelompok laserpunktur dan perawatan luka konvensional dengan kelompok laserpunktur sham dan perawatan luka konvensional ($p=0,006$). Dapat disimpulkan bahwa terapi kombinasi laserpunktur dan perawatan luka konvensional efektif mempercepat penyembuhan ulkus kaki diabetik dengan frekuensi terapi dua kali seminggu.

ABSTRACT
Diabetic foot ulcers result in mortality is increasing, especially after the amputation, a significant burden on health financing and lead to loss of productivity. This study aims to determine the effectiveness of the combination therapy between laserpuncture and conventional wound care compared with sham laserpuncture and conventional wound treatment for healing diabetic foot ulcers. Double-blind randomized clinical trial with a control carried out on 36 patients allocated to the case group or control group. Laserpuncture actions performed on LI4 point Hegu, Zusanli ST36, SP6 Sanyinjiao and Taixi KI3 bilateral as well as exposure to ulcers twice a week, for four weeks. The mean size of diabetic foot ulcers as the primary output is measured every week. The results showed a significant difference between the reduction in wound area at the end of the group laserpuncture and conventional wound care compare with laserpuncture sham group and conventional wound treatment ($p = 0.006$). It can be concluded that the combination therapy laserpuncture and conventional wound care effectively accelerate the healing of diabetic foot ulcers with frequency therapy twice a week. Diabetic foot ulcers result in mortality is increasing, especially after the

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