

Efektivitas Home-Based Foot-Ankle Exercise Terhadap Ankle Brachial Index (ABI) Pada Pasien Diabetes Melitus (DM) Tipe 2: Randomized Controlled Trial = The Effectiveness of Home-Based Foot-Ankle Exercise on Ankle Brachial Index (ABI) in Type 2 Diabetes Mellitus (DM) Patients: Randomized Controlled Trial

I Putu Adi Suryawan, author

Deskripsi Lengkap: <https://lib.ui.ac.id/detail?id=20519974&lokasi=lokal>

Abstrak

Exercise pada pasien DM selama ini hanya difokuskan pada latihan daerah ankle saja, namun belum ada latihan fisik yang berfokus melatih seluruh otot kaki. HomeBased Foot–Ankle Exercise (HBFAE) melatih seluruh otot kaki yang menggabungkan empat jenis exercise yang direkomendasikan American Diabetes Association yaitu stretching, strengthening, resistance dan balance exercises. Tujuan dari penelitian ini mengidentifikasi efektivitas HBFAE terhadap ABI pada pasien DM Tipe 2. Metode penelitian ini adalah Randomized Controlled Trial (RCT) double blind sampel 40 responden (20 intervensi dan 20 kontrol). Kelompok intervensi diberikan perlakuan HBFAE, kelompok kontrol diberikan perlakuan senam kaki diabetes. Perlakuan pada kedua kelompok diberikan sebanyak 24 kali (1 kali/hari, 5 kali dalam seminggu). Hasil penelitian menunjukkan HBFAE (p value 0,001) dan senam kaki diabetes (p value 0,003) mampu meningkatkan ABI. Uji efektifitas menunjukkan HBFAE efektif dalam meningkatkan nilai ABI dengan skor efektivitas 0,72 (72%), dibandingkan senam kaki diabetes hanya 0,14 (14%). Variabel confounding gula darah, lama DM, riwayat merokok, dan riwayat ulkus kaki pada penelitian ini tidak berhubungan dengan perubahan skor ABI (p value > 0,05). HBFAE dapat menjadi standar terapi exercise di rumah (komunitas) maupun di instalasi pelayanan kesehatan untuk mencegah komplikasi vaskularisasi kaki pada pasien DM karena mudah dan mampu dilakukan secara mandiri.

.....Exercise in DM patients so far only focused in the ankle area and there is no exercise that focuses on training all leg muscles. Home-Based Foot-Ankle Exercise (HBFAE) trains all leg muscles by combining the four types of exercise recommended by the American Diabetes Association, namely stretching exercises, strengthening exercises, resistance exercises, and balance exercises. The purpose of this study was to identify the effectiveness of HBFAE on the Ankle Brachial Index (ABI) in Type 2 DM patients. The research method was a Randomized Controlled Trial (RCT) with a sample of 40 respondents (20 intervention and 20 control). Respondents in the intervention group were given HBFAE treatment, while the control group was given Diabetic Foot Exercise (standard treatment). The treatment in both groups was given 24 times (1 time/day, 5 times a week). The results showed that HBFAE (p-value 0,001) and diabetic foot exercise (p-value 0,003) were able to increase ABI. The results of the effectiveness test showed that HBFAE was effective in increasing the ABI value an effectiveness score of 0,72 (72%) compared to diabetic foot exercise was only 0,14 (14%). The results analysis of the confounding variables showed blood sugar levels, duration of DM, smoking and foot ulcers history in this study were not associated with changes in ABI (p-value > 0,05). HBFAE can be a standard exercise therapy both at home (community) and health care to prevent foot vascular complications because it's implementation is easy and can be done independently.