

ABSTRAK

Nama : Hilmiatun Nisa'
Program Studi : Profesi Ners
Judul : Analisis Asuhan Keperawatan Pada Pasien Diabetes Melitus Dengan Masalah Keperawatan Perfusi Perifer Tidak Efektif Melalui Penerapan Terapi *Foot Spa Diabetic* Terhadap Nilai ABI (*Ankle Brachial Index*) Di RSUD R.T Notopuro Kabupaten Sidoarjo

Pembimbing : Ns. Binarti Dwi, S. Kep., M. Kes

Diabetes melitus merupakan penyakit kronis yang dapat menyebabkan gangguan sirkulasi perifer yang ditandai dengan perfusi perifer tidak efektif dan berisiko menimbulkan ulkus diabetik hingga amputasi. Salah satu intervensi nonfarmakologis yang dapat digunakan untuk meningkatkan sirkulasi darah perifer adalah *Foot SPA Diabetic*. Penelitian ini bertujuan menganalisis asuhan keperawatan pada pasien diabetes melitus dengan masalah keperawatan perfusi perifer tidak efektif melalui penerapan *Foot SPA Diabetic* di Ruang Mawar Merah Putih RSUD R.T. Notopuro Sidoarjo. Pengumpulan data dilakukan melalui wawancara, observasi, pemeriksaan fisik, pemeriksaan penunjang, dan dokumentasi rekam medis. Intervensi *Foot SPA Diabetic* diberikan selama tiga hari berturut-turut yang meliputi perendaman kaki menggunakan air hangat suhu 37–39°C selama 10–15 menit, pembersihan kaki, pijatan ringan, latihan gerak kaki, pengeringan kaki, dan pemberian pelembap. Hasil menunjukkan adanya perbaikan perfusi perifer setelah pemberian *Foot SPA Diabetic* yang ditandai dengan peningkatan nilai ABI (*Ankle Brachial Index*) dari 0,75 pada hari pertama menjadi 0,81 pada hari kedua dan 1,01 pada hari ketiga. Selain itu, terjadi penurunan keluhan kesemutan, peningkatan suhu ekstremitas, perbaikan *capillary refill time* (CRT), berkurangnya edema, serta peningkatan kenyamanan saat berjalan. Kadar glukosa darah juga mengalami penurunan dari 392 mg/dL menjadi 178 mg/dL selama periode perawatan. Penerapan *Foot SPA Diabetic* dapat membantu meningkatkan perfusi perifer pada pasien diabetes melitus yang ditandai dengan peningkatan nilai ABI (*Ankle Brachial Index*), perbaikan sirkulasi perifer, dan peningkatan kenyamanan pasien.

Kata Kunci : Diabetes melitus, *Foot SPA Diabetic*, perfusi perifer tidak efektif, ABI (*Ankle Brachial Index*)

ABSTRAC

Name : Hilmiatun Nisa'
Study Program: Nursing Profession
Title : Analysis of Nursing Care for Diabetes Mellitus Patients with Ineffective Peripheral Perfusion Nursing Problems Through the Application of Diabetic Foot Spa Therapy on ABI (Ankle-Brachial Index) Values at RSUD R.T. Notopuro Sidoarjo
Mentor : Ns. Binarti Dwi, S. Kep., M. Kes

Diabetes mellitus is a chronic disease that can cause peripheral circulatory disorders characterized by ineffective peripheral perfusion and the risk of diabetic ulcers and amputation. One non-pharmacological intervention that can be used to improve peripheral blood circulation is Diabetic Foot Spa. This study aims to analyze nursing care for diabetes mellitus patients with ineffective peripheral perfusion nursing problems through the application of Diabetic Foot Spa in the Mawar Merah Putih Ward of R.T. Notopuro Regional General Hospital, Sidoarjo. Data collection was conducted through interviews, observation, physical examinations, supporting examinations, and medical record documentation. The Diabetic Foot Spa intervention was administered for three consecutive days, including soaking the feet in warm water at 37–39°C for 10–15 minutes, cleaning the feet, performing a light massage, exercising, drying the feet, and applying moisturizer. Results showed improved peripheral perfusion following the Diabetic Foot Spa treatment, as indicated by an increase in the Ankle-Brachial Index (ABI) from 0.75 on the first day to 0.81 on the second day and 1.01 on the third day. Furthermore, there was a decrease in tingling sensations, an increase in extremity temperature, an improvement in capillary refill time (CRT), a reduction in edema, and increased walking comfort. Blood glucose levels also decreased from 392 mg/dL to 178 mg/dL during the treatment period. The application of the Diabetic Foot Spa can help improve peripheral perfusion in patients with diabetes mellitus, as indicated by an increase in the Ankle-Brachial Index (ABI), improved peripheral circulation, and increased patient comfort.

Keywords: Diabetes mellitus, Diabetic Foot SPA, ineffective peripheral perfusion, ABI (*Ankle Brachial Index*)