

ABSTRACT

THE RELATIONSHIP BETWEEN FOOT CARE BEHAVIOR AND ANKLE BRACHIAL INDEX (ABI) VALUES IN PATIENTS WITH DIABETES MELLITUS AT UPTD PUSKESMAS DLANGGU

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Diabetes mellitus is a chronic metabolic disease that can cause vascular complications, one of which is peripheral artery disease (PAD) and diabetic foot ulcers. One of the prevention efforts is independent foot care behavior, the effectiveness of which needs to be objectively assessed through *Ankle Brachial Index* (ABI) examination, a simple and non-invasive method to detect the risk of vascular complications early. This study aims to determine the relationship between foot care behavior and ABI values in patients with diabetes mellitus at UPTD Dlanggu Health Center. The research design is quantitative analytical with a cross sectional approach. A sample of 30 respondents was taken using the total sampling technique. The instruments used were the *Nottingham Assessment of Functional Foot Care* (NAFF) questionnaire and a digital sphygmomanometer, with data analysis using the Fisher's Exact Test. The results showed that of the respondents with poor foot care behavior, as many as 16 respondents (69.6%) had normal ABI values and 7 respondents (30.4%) had high ABI values. Meanwhile, of the respondents with good foot care behavior, as many as 6 respondents (85.7%) had a normal ABI value and 1 respondent (14.3%) had a low ABI value. The Fisher's Exact Test showed a value of $p = 0.096$ ($p > 0.05$), which means that there was no significant relationship between foot care behavior and ABI values. The ABI value is suspected to be more influenced by other factors such as age, long suffering from DM, and smoking habits, compared to daily preventive foot care on the surface of the foot. However, foot care is still important to prevent complications such as diabetic ulcers, so it needs to be integrated into diabetes education programs in primary health services accompanied by periodic ABI examinations for early detection of PAD risks.

Keywords: Ankle Brachial Index (ABI), Diabetes Mellitus, Foot Care Behavior

ABSTRAK

HUBUNGAN PERILAKU PERAWATAN KAKI DENGAN NILAI ANKLE BRACHIAL INDEX (ABI) PADA PASIEN DIABETES MELLITUS DI UPTD PUSKESMAS DLANGGU

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Diabetes mellitus merupakan penyakit metabolik kronis yang dapat menimbulkan komplikasi vaskular, salah satunya peripheral artery disease (PAD) dan ulkus kaki diabetik. Salah satu upaya pencegahannya adalah perilaku perawatan kaki secara mandiri, yang efektivitasnya perlu dinilai objektif melalui pemeriksaan *Ankle Brachial Index* (ABI), metode sederhana dan non-invasif untuk mendeteksi risiko komplikasi vaskular sejak dini. Penelitian ini bertujuan untuk mengetahui hubungan perilaku perawatan kaki dengan nilai ABI pada pasien diabetes mellitus di UPTD Puskesmas Dlanggu. Desain penelitian adalah kuantitatif analitik dengan pendekatan cross sectional. Sampel sebanyak 30 responden diambil dengan teknik total sampling. Instrumen yang digunakan adalah kuesioner *Nottingham Assessment of Functional Foot Care* (NAFF) dan sphygmomanometer digital, dengan analisis data menggunakan uji Fisher's Exact Test. Hasil penelitian menunjukkan dari responden dengan perilaku perawatan kaki kurang baik, sebanyak 16 responden (69,6%) memiliki nilai ABI normal dan 7 responden (30,4%) memiliki nilai ABI tinggi. Sementara dari responden dengan perilaku perawatan kaki baik, sebanyak 6 responden (85,7%) memiliki nilai ABI normal dan 1 responden (14,3%) memiliki nilai ABI rendah. Uji Fisher's Exact Test menunjukkan nilai $p = 0,096$ ($p > 0,05$), yang berarti tidak terdapat hubungan signifikan antara perilaku perawatan kaki dengan nilai ABI. Nilai ABI diduga lebih dipengaruhi oleh faktor lain seperti usia, lama menderita DM, dan kebiasaan merokok, dibandingkan perawatan kaki harian yang bersifat preventif pada permukaan kaki. Meskipun demikian, perawatan kaki tetap penting untuk mencegah komplikasi seperti ulkus diabetik, sehingga perlu diintegrasikan dalam program edukasi diabetes di layanan kesehatan primer disertai pemeriksaan ABI berkala untuk deteksi dini risiko PAD.

Kata kunci : Ankle Brachial Index (ABI), Diabetes Mellitus, Perilaku Perawatan Kaki