PENERAPAN PIJAT REFLEKSI KAKI TERHADAP PENINGKATAN PERFUSI PERIFER PADA PASIEN DIABETES MELITUS TIPE 2 DI RUANG RAWAT INAP AGATE ATAS UOBK RSUD dr.SLAMET GARUT TAHUN 2026

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ABSTRAK

Latar Belakang: Diabetes Melitus Tipe 2 merupakan penyakit metabolik kronis yang dapat menimbulkan komplikasi pada sistem vaskular dan saraf perifer. Hiperglikemia yang berlangsung lama dapat menyebabkan gangguan sirkulasi perifer yang ditandai dengan kesemutan, baal, nyeri, kaki terasa dingin, penurunan nilai Ankle Brachial Index (ABI), dan pemanjangan Capillary Refill Time (CRT). Gangguan perfusi perifer perlu ditangani untuk mencegah terjadinya komplikasi lebih lanjut. Salah satu terapi nonfarmakologis yang dapat diterapkan sebagai terapi komplementer adalah pijat refleksi kaki menggunakan massage pen elektrik. **Tujuan:** Mendeskripsikan penerapan terapi massage pen elektrik terhadap peningkatan perfusi perifer pada pasien Diabetes Melitus Tipe 2. **Metode:** Penelitian ini menggunakan desain studi kasus deskriptif dengan pendekatan asuhan keperawatan pada dua pasien Diabetes Melitus Tipe 2 dengan masalah keperawatan Perfusi Perifer Tidak Efektif di Ruang Rawat Inap Agate Atas UOBK RSUD dr. Slamet Garut. Terapi massage pen elektrik diberikan selama tiga hari berturut-turut dengan durasi 10–15 menit setiap sesi. Evaluasi dilakukan menggunakan indikator ABI, CRT, suhu dan warna kulit, serta keluhan subjektif pasien. **Hasil:** Setelah penerapan terapi, terjadi perubahan perfusi perifer pada kedua pasien. Nilai ABI pasien 1 meningkat dari 0,84 menjadi 0,96, sedangkan pasien 2 meningkat dari 0,82 menjadi 0,95. CRT membaik menjadi 2 detik, disertai berkurangnya keluhan nyeri, kesemutan, baal, dan kaki terasa dingin. **Kesimpulan:** Penerapan massage pen elektrik menunjukkan adanya perbaikan kondisi perfusi perifer pada kedua pasien dan dapat digunakan sebagai terapi komplementer dalam asuhan keperawatan dengan tetap memperhatikan kondisi pasien dan SOP. **Saran:** Perawat diharapkan dapat memberikan edukasi mengenai perawatan kaki, pengendalian kadar glukosa darah, kepatuhan terapi, serta penerapan terapi komplementer sesuai prosedur.

Kata kunci: Diabetes Melitus Tipe 2, Perfusi Perifer, Massage Pen Elektrik, Ankle Brachial Index, Capillary Refill Time.

THE IMPLEMENTATION OF ELECTRIC MASSAGE PEN THERAPY TO IMPROVE PERIPHERAL PERFUSION IN PATIENTS WITH TYPE 2 DIABETES MELLITUS IN THE AGATE ATAS INPATIENT WARD AT UOBK DR. SLAMET GARUT REGIONAL GENERAL HOSPITAL
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ABSTRACT

Background*: Type 2 Diabetes Mellitus is a chronic metabolic disease that can cause complications in the vascular system and peripheral nerves. Prolonged hyperglycemia can lead to impaired peripheral circulation, characterized by tingling, numbness, pain, cold feet, decreased Ankle Brachial Index (ABI) values, and prolonged Capillary Refill Time (CRT). Impaired peripheral perfusion needs to be managed to prevent further complications. One non-pharmacological therapy that can be applied as a complementary therapy is foot reflexology using an electric massage pen.* ***Objective****: To describe the application of electric massage pen therapy to improve peripheral perfusion in patients with Type 2 Diabetes Mellitus.* ***Methods****: This study used a descriptive case study design with a nursing care approach involving two patients with Type 2 Diabetes Mellitus who had the nursing problem of Ineffective Peripheral Tissue Perfusion in the Agate Atas Inpatient Ward of UOBK dr. Slamet Garut Regional Hospital. Electric massage pen therapy was administered for three consecutive days, with a duration of 10–15 minutes per session. Evaluation was conducted using ABI, CRT, skin temperature and color, as well as patients' subjective complaints.* ***Results****: Following the application of the therapy, changes in peripheral perfusion were observed in both patients. The ABI value of Patient 1 increased from 0.84 to 0.96, while Patient 2 increased from 0.82 to 0.95. CRT improved to 2 seconds, accompanied by reductions in pain, tingling, numbness, and complaints of cold feet.* ***Conclusion****: The application of electric massage pen therapy showed improvement in peripheral perfusion in both patients and may be used as a complementary therapy in nursing care while taking the patient's condition and the applicable standard operating procedures (SOPs) into consideration..* ***Recommendation****: Nurses are expected to provide education regarding diabetic foot care, blood glucose control, adherence to therapy, and the application of complementary therapies in accordance with established procedures.*

Keywords*: Type 2 Diabetes Mellitus, Peripheral Perfusion, Electric Massage Pen, Ankle Brachial Index, Capillary Refill Time.*