THE APPLICATION OF FOOT MASSAGE THERAPY IN INCREASING ANKLE BRACHIAL INDEX (ABI) VALUES IN TYPE 2 DIABETES MELLITUS PATIENTS

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ABSTRACT

***Background**; Type 2 diabetes mellitus may cause peripheral circulation disorders indicated by decreased Ankle Brachial Index (ABI) values. Foot massage is a non-pharmacological therapy that may improve peripheral blood circulation.* ***The objective of the research**; To describe the implementation of foot massage therapy in improving ABI values among patients with type 2 diabetes mellitus.* ***Methods**; This case study involved two patients with type 2 diabetes mellitus in the Gambirsari Public Health Center area, Surakarta. Foot massage was administered for 10 minutes twice daily (morning and afternoon) for two consecutive days. ABI was measured before and after the intervention using a digital sphygmomanometer.* ***Results**; Before the intervention, ABI values were 0.83 and 0.85, indicating mild PAD. After foot massage therapy, ABI values increased to 1.16 and 1.18, respectively, reaching the normal category. Both respondents showed the same increase in ABI value of 0.33.* ***Summary**; Foot massage therapy can improve ABI values in patients with type 2 diabetes mellitus and may be used as a non-pharmacological nursing intervention to enhance peripheral blood circulation.*

***Keywords**: Ankle Brachial Index (ABI), Foot massage, Type 2 Diabetes Mellitus.*