IMPLEMENTATION OF BUERGER ALLEN EXERCISE TO IMPROVE ABI IN DM AT GAJAHAN COMMUNITY HEALTH CENTER

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ABSTRACT

Background: *Diabetes Mellitus (DM) is a chronic metabolic disease that can cause macrovascular complications such as Peripheral Artery Disease (PAD) characterized by decreased Ankle Brachial Index (ABI) values. Buerger Allen Exercise (BAE) is a non-pharmacological intervention proven effective in improving peripheral circulation and ABI values in type II DM patients.* ***Objective:*** *To describe the results of applying Buerger Allen Exercise to improve Ankle Brachial Index values in DM patients at Puskesmas Gajahan.* ***Method:*** *This study used a case study method with a descriptive approach on 2 respondents with type II DM. The BAE intervention was conducted for 15 minutes daily for 3 consecutive days. ABI measurements were taken before (pre-test) and after (post-test).* ***Results:*** *The results of the BAE application indicate that the intervention led to an increase in ABI values for both respondents; specifically, Mrs. S's ABI value rose from 0.81 to 1.07, while Mrs. D's increased from 0.84 to 1.18. The magnitude of the recorded increase ranged from 0.09 to 0.15.* ***Conclusion:*** *The application of Buerger Allen Exercise effectively improved Ankle Brachial Index values in type II DM patients from moderate obstruction to normal category, thus potentially preventing diabetic foot complications.*

Keywords: *Ankle Brachial Index, Buerger Allen Exercise,* Diabetes Melitus Type II, Peripheral Artery Disease.