

**PEMBERIAN *BUERGER ALLAN EXERCISE* PADA PASIEN DIABETES
MELLITUS TIPE II DENGAN DIAGNOSIS KEPERAWATAN
PERFUSI PERIFER TIDAK EFEKTIF
DI RSUD DR SAIFUL ANWAR KOTA MALANG**

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ABSTRAK

Latar Belakang: Diabetes Mellitus (DM) tipe II merupakan penyakit metabolik kronis yang dapat menyebabkan berbagai komplikasi vaskular, salah satunya gangguan perfusi perifer. Gangguan perfusi perifer pada pasien DM terjadi akibat hiperglikemia kronis yang menyebabkan kerusakan pembuluh darah sehingga meningkatkan risiko terjadinya ulkus diabetik. Salah satu intervensi keperawatan nonfarmakologis yang dapat diberikan untuk meningkatkan sirkulasi darah perifer adalah *Buerger Allen Exercise*. **Tujuan Penelitian:** Menganalisis penerapan *Buerger Allen Exercise* pada pasien Diabetes Mellitus tipe II dengan diagnosis keperawatan perfusi perifer tidak efektif di RSUD Dr. Saiful Anwar Kota Malang. **Metode Penelitian:** Penelitian ini menggunakan studi kasus deskriptif dengan pendekatan proses keperawatan pada satu pasien DM tipe II di RSUD Dr. Saiful Anwar Kota Malang. Intervensi *Buerger Allen Exercise* diberikan selama lima hari dengan pemantauan CRT, suhu akral, warna kulit, edema, nadi perifer, sensasi kaki, dan keluhan subjektif pasien. **Hasil Penelitian:** Setelah lima hari intervensi, terjadi perbaikan bertahap pada seluruh indikator perfusi perifer. Keluhan kesemutan dan rasa dingin berkurang, CRT membaik menjadi <2 detik, suhu akral menjadi hangat, edema menurun, nadi perifer meningkat, sensasi kaki membaik, dan toleransi aktivitas meningkat. **Kesimpulan:** Pemberian *Buerger Allen Exercise* selama lima hari berpotensi meningkatkan perfusi perifer pada pasien Diabetes Mellitus tipe II. Intervensi ini dapat dijadikan sebagai tindakan keperawatan mandiri yang mudah dilakukan untuk membantu memperbaiki sirkulasi perifer serta mencegah terjadinya komplikasi kaki diabetik.

Kata Kunci: *Buerger Allen Exercise*, Diabetes Mellitus Tipe II, Perfusi Perifer Tidak Efektif, Perfusi Perifer, Asuhan Keperawatan.

IMPLEMENTATION OF BUERGER ALLEN EXERCISE IN A PATIENT WITH TYPE II DIABETES MELLITUS AND THE NURSING DIAGNOSIS OF INEFFECTIVE PERIPHERAL TISSUE PERFUSION AT RSUD DR. SAIFUL ANWAR MALANG

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ABSTRACT

Background: Type II Diabetes Mellitus (DM) is a chronic metabolic disease that can cause various vascular complications, one of which is ineffective peripheral tissue perfusion. Impaired peripheral perfusion in patients with Type II DM results from chronic hyperglycemia, which damages blood vessels and increases the risk of diabetic foot ulcers. One of the non-pharmacological nursing interventions that can improve peripheral blood circulation is the Buerger Allen Exercise. **Objective:** To analyze the implementation of Buerger Allen Exercise in a patient with Type II Diabetes Mellitus diagnosed with ineffective peripheral tissue perfusion at Dr. Saiful Anwar Regional General Hospital, Malang. **Methods:** This study employed a descriptive case study using the nursing process approach involving one patient with Type II Diabetes Mellitus at Dr. Saiful Anwar Regional General Hospital, Malang. Buerger Allen Exercise was implemented for five consecutive days while monitoring peripheral perfusion indicators, including capillary refill time (CRT), acral temperature, skin color, edema, dorsalis pedis pulse, foot sensation, and the patient's subjective complaints. **Results:** After five days of intervention, gradual improvements were observed in all peripheral perfusion indicators. Tingling and cold sensations in the feet decreased, capillary refill time improved to less than 2 seconds, acral temperature became warm, edema was reduced, peripheral pulse strength increased, foot sensation improved, and activity tolerance increased. **Conclusion:** The implementation of Buerger Allen Exercise for five consecutive days was effective in improving peripheral perfusion in a patient with Type II Diabetes Mellitus. This intervention can be recommended as an independent nursing intervention to improve peripheral circulation and help prevent diabetic foot complications.

Keywords: Buerger Allen Exercise, Type II Diabetes Mellitus, Ineffective Peripheral Tissue Perfusion, Peripheral Tissue Perfusion, Nursing Care.