THE EFFECT OF COMBINATION BUERGER ALLEN EXERCISE AND WARM WATER HYDROTHERAPY ON BLOOD SUGAR LEVELS OF ELDERLY PEOPLE WITH DM TYPE 2 AT POLOWIJEN PUBLIC HEALTH CENTER MALANG CITY

Michellia Ayudia Pramitha, Tri Nataliswati, S.Kep., Ns., M.Kep.

Bachelor of Applied Nursing Malang, Jl. Besar Ijen Malang City

Email : michelliaayp@gmail.com

ABSTRACT

Diabetes Mellitus Type 2 is a chronic metabolic disease that is widely experienced by the elderly and is characterized by an uncontrolled increase in blood sugar levels. This condition causes various serious complications that can increase the risk of complications for the elderly, so effective, safe, and easy control efforts are needed.The purpose of the study was to determine the effect of a combination of Buerger Allen Exercise and hydrotherapy drinking warm water on blood sugar levels of the elderly with Diabetes Mellitus Type 2 in Polowijen Health Center Malang. This study used a pre-experimental design with one group pretest–posttest approach. The sample was elderly with Diabetes Mellitus Type 2 selected using purposive sampling technique and a sample of 44 respondents. The data were analyzed using the Wilcoxon Signed Ranks Test. Pretest results showed that most were in the category of high blood sugar levels as many as 32 respondents (72.7%). After being given a combination of Buerger Allen Exercise and drinking warm water hydrotherapy, posttest results showed that most were in the category of moderate blood sugar levels as many as 28 respondents (63.6%). The results of the wilcoxon signed ranks test on pretest-posttest blood sugar levels obtained p-value 0.000 p <0.05. It can be concluded that there is an effect of the combination of Buerger Allen Exercise and drinking warm water hydrotherapy on the blood sugar levels of the elderly with Diabetes Mellitus Type 2. It is expected that the results of this study can be used as an alternative to nonpharmacological therapy for the elderly with Diabetes Mellitus Type 2 and as a supporting intervention in the Health Center in helping control blood sugar levels through a combination of Buerger Allen Exercise and hydrotherapy drink warm water.

Keywords: Diabetes Mellitus Type 2, Buerger Allen Exercise, Hydrotherapy Drink Warm Water, Elderly