

**Penerapan Kombinasi Terapi Kompres Air Hangat & *Active Lower ROM*
Untuk Menstabilkan Nilai Dari *Ankle Brachial Index* Pada Anggota
Keluarga Penderita Diabetes Melitus**

Jenar Nadya Maharani
Tri Nataliswati, S.Kep., Ns., M.Kep

ABSTRAK

Diabetes melitus sering menyebabkan komplikasi berupa gangguan perfusi perifer yang ditandai dengan penurunan nilai *Ankle Brachial Index (ABI)*. Kompres air hangat dan latihan *Active Lower ROM* dinilai dapat memperbaiki sirkulasi darah. Studi ini menggunakan pendekatan asuhan keperawatan keluarga dengan penerapan kombinasi terapi kompres air hangat dan latihan *Active Lower ROM*. Pengumpulan data dilakukan melalui observasi, wawancara, dan studi dokumentasi. Hasil menunjukkan adanya peningkatan nilai ABI pada anggota keluarga penderita diabetes setelah pemberian kombinasi terapi, yang semula berada di bawah nilai normal yaitu 0,886 menjadi mencapai nilai normal 0,98 (>0,9). Dari hasil tersebut disimpulkan bahwa intervensi kombinasi terapi efektif meningkatkan perfusi perifer melalui mekanisme vasodilatasi akibat kompres hangat serta peningkatan pompa otot dan sensitivitas insulin melalui latihan *active lower ROM*. Temuan ini berkontribusi pada pengembangan praktik keperawatan keluarga dengan menekankan pentingnya intervensi non-farmakologis dan pelibatan keluarga dalam manajemen penyakit kronis secara komprehensif dan berkelanjutan dan menjadi terapi yang mudah dan praktis bagi penderita DM yang dapat diterapkan secara mandiri di rumah.

Kata Kunci: Diabetes Melitus, *Ankle Brachial Index*, Kompres Air Hangat, *Active Lower ROM*

The Application of Combined Warm Water Compress Therapy and Active Lower ROM Exercises to Stabilize Ankle-Brachial Index Values in Family Members with Diabetes

Jenar Nadya Maharani
Tri Nataliswati, S.Kep., Ns.,M.Kep

ABSTRACT

Diabetes mellitus often leads to complications such as impaired peripheral perfusion, indicated by a decreased Ankle Brachial Index (ABI). Warm water compresses and Active Lower ROM exercises are considered effective in improving blood circulation. This study applied a family nursing care approach by implementing a combination therapy of warm water compress and Active Lower ROM. Data were collected through observation, interviews, and document review. The results showed an increase in ABI values in a family member with diabetes, from a subnormal level of 0.886 to a normal level of 0.98 (>0.9). Based on these findings, it is concluded that the combination therapy effectively improves peripheral perfusion through vasodilation induced by warm compresses and enhanced muscle pump activity and insulin sensitivity from Active Lower ROM exercises. This finding contributes to the development of family nursing practice by emphasizing the importance of non-pharmacological interventions and active family involvement in the comprehensive and sustainable management of chronic diseases. Moreover, it offers a simple and practical therapy that can be independently implemented at home by individuals with diabetes.

Keywords: Diabetes Mellitus, Ankle Brachial Index, Warm Water Compress, Active Lower ROM.