

# Pengaruh Ankle Range of Motion (ROM) Exercise terhadap Penyembuhan Luka pada Pasien Ulkus Diabetik = Effect of Ankle Range of Motion (ROM) Exercise on Wound Healing in Diabetic Ulcer Patients

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## Abstrak

Gangguan sirkulasi kaki pada penderita DM mengakibatkan proses penyembuhan ulkus diabetik tertunda. Tujuan dari penelitian ini yaitu mengidentifikasi pengaruh Ankle Range of Motion (ROM) Exercise terhadap penyembuhan luka pada pasien ulkus diabetik. Sampel dalam penelitian ini berjumlah 28 responden yang dibagi menjadi 14 responden kelompok intervensi dan 14 responden kelompok kontrol. Metode penelitian ini adalah quasi eksperimental design dengan pendekatan Pretest and Posttest With Control Group Design. Kelompok intervensi diberikan perlakuan ankle Range of Motion (ROM) exercise dan perawatan luka modern dressing, sedangkan kelompok kontrol hanya diberikan perawatan luka modern dressing saja. Ankle Range of Motion (ROM) exercise terdiri dari empat gerakan yaitu plantarfleksi, dorsofleksi, inversi dan eversi. Latihan ini termasuk dalam latihan tidak menahan beban dan aman dilakukan pada penderita ulkus diabetik. Hasil penelitian menunjukkan bahwa ada perbedaan yang signifikan rerata selisih skor penyembuhan luka antara kelompok intervensi dengan kontrol dengan p value 0,000 ( $< 0,05$ ). Hasil uji variabel confounding menunjukkan bahwa tidak ada hubungan antara riwayat merokok terhadap skor penyembuhan luka pada pasien ulkus diabetik dengan p value 0,143 ( $> 0,05$ ). Ankle Range of Motion (ROM) Exercise diharapkan dapat dijadikan terapi tambahan dalam manajemen luka pada pasien ulkus diabetik untuk mempercepat proses penyembuhan luka

.....Impaired foot circulation in diabetic patients causes the healing process of diabetic ulcers to be delayed. The purpose of this study was to identify the effect of Ankle Range of Motion (ROM) Exercise on wound healing in diabetic ulcer patients. The sample in this study amounted to 28 respondents who were divided into 14 respondents in the intervention group and 14 respondents in the control group. This research method is a quasi-experimental design with a Pretest and Posttest approach with Control Group Design. The intervention group was treated with ankle Range of Motion (ROM) exercise and modern wound dressings, while the control group was only given modern wound dressings. Ankle Range of Motion (ROM) exercise consists of four movements, namely plantarflexion, dorsiflexion, inversion and eversion. This exercise is included in non-weight-bearing exercises and is safe for diabetic ulcer sufferers. The results showed that there was a significant difference in the mean difference in wound healing scores between the intervention group and the control group with a p value of 0.000 ( $< 0.05$ ). The results of the confounding variable test showed that there was no relationship between smoking history and wound healing scores in diabetic ulcer patients with a p value of 0.143 ( $> 0.05$ ). Ankle Range of Motion (ROM) Exercise is expected to be used as additional therapy in wound management in diabetic ulcer patients to accelerate the wound healing process.