

**PENGARUH *BUERGER ALLEN EXERCISE* TERHADAP NEUROPATI
SENSORIK PADA PASIEN DIABETES MELITUS TIPE 2 DI
PUSKESMAS ANDALAS KOTA PADANG**

REPOSITORY

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**Pengaruh *Buerger Allen Exercise* Terhadap Neuropati Sensorik Pada Pasien
Diabetes Melitus Tipe 2 di Puskesmas Andalas Kota Padang**

xvi + 111 hal + 10 tabel + 9 lampiran + 4 skema + 1 gambar

ABSTRAK

Neuropati sensorik merupakan komplikasi mikrovaskuler yang terjadi 50% pada pasien DM tipe 2. Salah satu terapi komplementer untuk menurunkan skor neuropati yaitu *buerger allen exercise*. *Buerger allen exercise* merupakan latihan perubahan gravitasi dan kontraksi otot pada ekstremitas bawah. Penelitian bertujuan untuk mengetahui pengaruh *buerger allen exercise* terhadap neuropati sensorik. Desain penelitian menggunakan *quasy eksperimen* dengan rancangan *non equivalent control group*. Teknik pengambilan sampel yaitu *purposive sampling* dengan jumlah sampel 28 responden. Pengumpulan data neuropati sensorik menggunakan *neuropathy symptom score* dan dianalisis menggunakan uji *wilcoxon* dan *Mann-Whitney*. Hasil analisis data didapatkan *p-value* 0.001 dan *p-value* 0.000 yang menunjukkan bahwa adanya pengaruh *buerger allen exercise* terhadap neuropati sensorik. Saran dijadikan sebagai intervensi mandiri pada pasien neuropati sensorik yang mendapatkan pengobatan di puskesmas.

Kata kunci: *Buerger Allen Exercise*, Neuropati Diabetik

Daftar Pustaka: 92 (2015-2022)

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**The Effect of Buerger Allen Exercise on Sensory Neuropathy in Type 2
Diabetes Mellitus Patients at Andalas Public Health Center Padang City**

xvi + 111 pages + 10 table + 9 appendixes + 4 scheme + 1 picture

ABSTRACT

Sensory neuropathy is a microvascular complication occurring in 50% of type 2 DM patients. Complementary therapy to reduce the neuropathy score is buerger allen exercise. Buerger allen exercise is an exercise in changing gravity and muscle contraction in the lower extremities. The aim of this study was to determine the effect of buerger allen exercise on sensory neuropathy. The research design used a quasy experiment with a non-equivalent control group design. The sampling technique was purposive sampling with a sample of 28 respondents. Sensory neuropathy data were collected using neuropathy symptom score and analyzed using the Wilcoxon and Mann-Whitney tests. The results of data analysis obtained were p-value 0.001 and p-value 0.000 which indicated that there was an effect of buerger allen exercise on sensory neuropathy. Suggestions are used as independent interventions for sensory neuropathy patients who receive treatment at the health center.

Keywords: Buerger Allen Exercise, Diabetic Neuropathy.

Reference: 92 (2015-2022)