

## **APPLICATION OF SEFT THERAPY ON CHANGES IN ABI VALUES OF TYPE 2 DIABETES MELLITUS PATIENTS**

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### **ABSTRACT**

**Background:** Diabetes mellitus is the fourth leading cause of death globally (IDF, 2020). Based on data obtained from the Pucangsawit Community Health Center, there will be 979 cases of DM in 2022 in the Pucangsawit Region. SEFT therapy is a complementary therapy to help prevent complications for people with type 2 DM who are at risk of developing PAD. **Objective:** To determine changes in ABI values in two respondents suffering from Type 2 DM before and after being given SEFT therapy. **Method:** This research is a case study research with a descriptive method, namely by observing and interviewing two respondents suffering from Type 2 DM who are at risk of experiencing PAD before and after implementing SEFT Therapy. **Results:** There was an increase in the ABI value in Mrs. R value from 0.8 to 1.1 while in Mr. S increased from a value of 0.9 to 1.0. **Conclusion:** After implementing SEFT therapy on Mrs. R and Mr. S there is an increase in the ABI value from mild arterial disease and is acceptable to normal. This shows that SEFT therapy can prevent PAD by increasing ABI values to normal.

**Keywords:** Diabetes Mellitus Type 2, ABI Value, SEFT Therapy