DESCRIPTION OF ANKLE BRACHIAL INDEX SCORE INPATIENTS WITH DIABETES MELLITUS IN THE WORKING AREA OF BAYAT HEALTH CENTER

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ABSTRACT

Background: Diabetes mellitus (DM) is a chronic disease that can cause vascular complications, such as peripheral artery disease. This condition causes impaired blood flow to the lower extremities and increases the risk of ulcers and amputation. Ankle-Brachial Index (ABI) testing is important for early detection of circulatory disorders, enabling preventive measures such as foot care education, blood sugar control, and lifestyle changes to be implemented before severe tissue damage occurs. **Objective**: To determine the ABI scores of DM patients in the Bayat Health Center service area. **Method:** This study used a descriptive design with a cross-sectional approach. The sample consisted of 68 DM patients selected using purposive sampling. Data were collected through ABI measurements on the right and left legs and analyzed using univariate analysis. **Results:** Most respondents were over 60 years old (60.3%), female (94.1%), and had DM for less than 5 years (63.2%). The right ABI score was normal in 76.5% of respondents and high in 23.5%. The left ABI score was normal in 76.5%, high in 22.1%, and low in 1.5%. **Conclusion:** Most DM patients have normal ABI scores, but there are high and low scores indicating arterial stiffness or narrowing. Routine ABI testing is necessary to detect the risk of circulatory disorders.

Keywords: Ankle Brachial Index, Peripheral Arteries, Diabetes Mellitus.