

APPLICATION OF WARM FOOT BATH THERAPY ON ANKLE BRACHIAL INDEX IN PATIENTS WITH DIABETES MELLITUS

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ABSTRACT

Background: Indonesia ranked seventh in the world in 2020 for the highest number of diabetes mellitus (DM) cases, with a prevalence of 10%. DM patients are at high risk for peripheral vascular complications such as Peripheral Artery Disease (PAD), which can be detected using the Ankle Brachial Index (ABI). An ABI value below 0.9 indicates impaired blood flow to the lower extremities. **Objective:** To describe the effect of warm water foot soaking therapy on ABI values in patients with diabetes mellitus. **Method:** This descriptive case study involved two respondents on June 4, 2025. Both underwent foot soaking therapy in warm water at 39°C for 15 minutes in the morning. ABI measurements were taken before and after the intervention. **Results:** In respondent Mrs. N, ABI increased from 0.6 (moderate) to 0.9 (normal). In respondent Mrs. S, ABI increased from 0.7 (moderate) to 1.0 (normal). Both showed a 0.3 improvement in ABI. **Conclusion:** Warm water foot soaking therapy effectively increased ABI values in both patients, indicating improved peripheral blood flow. This simple, non-invasive intervention may help prevent complications in diabetic patients.

Keywords: Ankle Brachial Index, Diabetes Mellitus, Warm Water Foot Soaking