

**APPLICATION OF ANKLE PUMP EXERCISE AND 30° FOOT ELEVATION  
IN REDUCING EDEMA IN CKD PATIENTS IN THE ICU  
RSUD dr. SOEDIRAN MANGUN SUMARSO  
WONOGIRI DISTRICT**

**Notasya Devika Arynanda<sup>1</sup>, Didik Iman Margatot<sup>2</sup>, Sumardi<sup>3</sup>**  
[notasya.students@aiska-university.ac.id](mailto:notasya.students@aiska-university.ac.id)  
**'Aisyiyah University Surakarta**

**ABSTRACT**

**Background:** Chronic kidney disease (CKD) is a condition in which the function of the kidneys suddenly decreases. This occurs when the kidneys are unable to eliminate the body's metabolic waste or are unable to perform their regular functions properly. **Objective:** Knowing the results of the application of ankle pump exercise therapy and 30° leg elevation in reducing CKD patients in the ICU of RSUD dr. Soediran Mangun Sumarso Wonogiri Regency. **Methods:** This type of research is a case study that uses a quasi experiment design method with pre-post test design. **Results:** The degree of edema reduction in 2 respondents before ankle pump exercise therapy and 30° foot elevation was at grade III. After ankle pump exercise therapy and 30° foot elevation for 3 days, the application of respondents decreased the degree of edema to degree I. **Conclusion:** There is a difference in reducing the degree of edema before and after ankle pump exercise therapy and 30° foot elevation in CKD patients.

**Keywords:** CKD, ankle pump exercise therapy and 30° foot elevation