

# **Gambaran Kondisi Luka Diabetik Pasca Intervensi *Low-Level Laser Therapy* Pada Pasien Diabetes Melitus**

## ***Diabetic Wound Conditions After Low-Level Laser Therapy Intervention in Diabetes Mellitus Patients***

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### **ABSTRAK**

Luka diabetik adalah salah satu komplikasi kronik yang paling sering ditemui pada penderita Diabetes Melitus (DM). Perawatan luka modern, seperti Low-Level Laser Therapy (LLLT), dapat mencegah meluasnya area infeksi pada luka diabetik. Penelitian ini bertujuan untuk menggambarkan kondisi luka diabetik pada pasien DM sebelum dan empat minggu pasca diberikan intervensi LLLT di RSUD Bali Holistik. Penelitian ini menggunakan metode deskriptif dengan pendekatan kuantitatif. Sampel penelitian adalah total populasi berjumlah 16 orang. Data dikumpulkan dari rekam medis pasien dan dianalisis dengan menggunakan skor penilaian Pressure Ulcer Scale for Healing (PUSH). Hasil penelitian menunjukkan gambaran luas luka sebelum intervensi menunjukkan nilai mean 6 cm<sup>2</sup>, tipe eksudat dengan nilai mean 1,81, tipe jaringan dengan nilai mean 2,38, dan skor total dengan nilai mean 10,91. Setelah dilakukan intervensi, terdapat perubahan nilai mean pada luas luka sebesar 5 cm<sup>2</sup>, nilai mean tipe eksudat 1,06, nilai mean jaringan 1,66, dan skor total dengan mean 7,2. Kesimpulan dari penelitian ini adalah intervensi luka diabetik pada pasien DM jika ditambahkan dengan LLLT dapat meningkatkan kualitas perawatan luka diabetik.

**Kata kunci:** Luka diabetik, *Low-level Laser Therapy*, *Preassure Ulcer Score for Healing* (PUSH)

### **ABSTRACT**

*Diabetic wounds are one of the most frequently encountered chronic complications in Diabetes Mellitus (DM) patients. Modern wound treatments, such as Low-Level Laser Therapy (LLLT), can prevent the spread of areas of infection in diabetic wounds. This study aims to describe the condition of diabetic wounds in DM patients before and four weeks after being given the LLLT intervention at RSUD Bali Holistik. This research uses a descriptive method with a quantitative approach. The research sample was a total population of 16 people. Data was collected from patient medical records and analyzed using the Pressure Ulcer Scale for Healing (PUSH) assessment score. The study's findings revealed that the mean value of the wound area prior to intervention was 6 cm<sup>2</sup>, the mean value of the exudate type was 1.81, the mean value of the tissue type was 2.38, and the mean value of the total score was 10.91. Following the intervention, the mean tissue value was 1.66, the*

*mean value of exudate type was 1.06, the mean value of wound area was 5 cm<sup>2</sup>, and the overall mean score was 7.2. The study's conclusion is that adding LLLT to diabetic wound intervention in DM patients can enhance the standard of diabetic wound care.*

***Key words:*** *Diabetic wounds, Low-level Laser Therapy, Pressure Ulcer Score for Healing (PUSH)*