



▼ FACULTY ABSTRACTS

F - 15: A STUDY TO ASSESS THE EFFECTIVENESS OF BUEGER - ALLEN EXERCISE ON WOUND HEALING STATUS AMONG PATIENT WITH TYPE 2 DIABETIC FOOT ULCER IN MGMC&RI, PUDUCHERRY

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Introduction: Diabetic foot ulcer is one of the major complications of Diabetic mellitus. The wound healing requires patient centered, holistic and interdisciplinary approach. In this study investigator had done Buerger-Allen Exercise for patient with type 2 Diabetic foot ulcer to find out its effectiveness on wound healing.

Objectives: To assess the level of lower extremity perfusion among type 2 Diabetic foot ulcer patient in experimental group. To evaluate the Effectiveness of Buerger-Allen Exercise on wound healing status among the experimental group. To find out the association between the wound healing status and Buerger-Allen Exercise with selected demographic variables among Experimental group.

Methods and Materials: Quantitative Research approach was used for this study. The study design adopted was one group pre testpost test design. Forty samples are selected using simple random sampling technique. The subjects in the experimental group were treated with Buerger- Allen Exercise for 3 times a day at 4 hours interval for a period of 5 days (8am, 12pm, 4pm). The data was collected before and after intervention using modified Bates- Jensen wound assessment tool. The data was analyzed using descriptive and inferential statistics (paired and independent 't' test and chi square test).

Major Finding: Data reveals that conventional methods are effective in managing diabetic foot ulcer. By comparing the pre-test and post-test result where the mean difference was 25.74 between pre-test mean

score (51.72) and post- test mean score(25.98).This result shows that after implementing Buerger-allen exercise, the pre- test mean wound scale score less than post-test mean wound scale score shows Buerger-allen exercise was more effective than conventional methods. Data reveals that the occupation is significant at level of

$p < 0.0302$ and residential area is significant at the level of $p < 0.0458$ of the wound healing on the utilization of Buerger- allen exercise and other demographic variables are not significant and have no association with wound healing and buerger –allen exercise.