

POLITEKNIK KESEHATAN KEMENTERIAN KESEHATAN TANJUNG KARANG  
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PENERAPAN *RANGE OF MOTION* PASIF PADA PASIEN STROKE NON  
HEMORAGIK YANG MENGALAMI MASALAH GANGGUAN MOBILITAS FISIK  
DI RUMAH SAKIT HANDAYANI LAMPUNG UTARA

xv + 65 Halaman + 9 tabel + 3 gambar

### ABSTRAK

Stroke merupakan kelainan fungsi otak yang timbul mendadak yang disebabkan terjadinya gangguan peredaran darah otak dan bisa terjadi pada siapa saja dan kapan saja. *World Health Organization (WHO)* dalam Bella et al., (2021) menyatakan 15 juta orang menderita stroke di seluruh dunia setiap tahun. Dari jumlah tersebut, 5 juta meninggal dan 5 juta lainnya menderita/mengalami cacat permanen. Tekanan darah tinggi berkontribusi lebih dari 12,7 juta pada kejadian stroke diseluruh dunia. Jenis stroke yang utama adalah iskemik dan hemoragik. Penelitian ini bertujuan untuk melatih kekuatan otot serta mencegah imobilitas dengan melakukan *Range Of Motion (ROM)* pasif pada stroke non hemoragik selama perawatan di Rumah Sakit Handayani Kotabumi Lampung Utara. Metode penelitian yang digunakan adalah metode deskriptif wawancara bersama anggota keluarga dengan studi kasus yaitu bagaimana penerapan ROM Pasif pada pasien stroke non hemoragik yang mengalami masalah gangguan mobilitas fisik di Rumah Sakit Handayani Kotabumi Lampung Utara. Hasil penelitian penerapan ROM pasif yang menjadi fokus tindakan yang dilakukan selama 3 hari berturut-turut, hasil evaluasi didapat masalah keperawatan gangguan mobilitas fisik teratasi sebagian ditandai dengan peningkatan kekuatan otot dari 2 menjadi 4. perawat diharapkan dapat memberikan tindakan keperawatan penerapan ROM Pasif pada pasien Stroke Non Hemoragik yang mengalami masalah gangguan mobilitas fisik.

Kata Kunci : Kekuatan Otot, ROM Pasif, Stroke Non Hemoragik  
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*IMPLEMENTATION OF PASSIVE ROM IN NON-HEMORRHAGIC STROKE  
PATIENTS WHO EXPERIENCE PHYSICAL MOBILITY IMPAIRMENT  
PROBLEMS AT HANDAYANI HOSPITAL, LAMPUNG UTARA*

*Xv + 65 page + 9 table + 3 figure*

**ABSTRACT**

*Stroke is a brain function abnormality that occurs suddenly caused by a disruption in brain blood circulation and can happen to anyone and at any time. The World Health Organization (WHO) in Bella et al., (2021) stated that 15 million people suffer strokes worldwide every year. Of this number, 5 million died and 5 million others suffered/experienced permanent disabilities. High blood pressure contributes to more than 12.7 million strokes worldwide. The main types of stroke are ischemic and hemorrhagic. This research aims to train muscle strength and prevent immobility by carrying out passive Range of Motion (ROM) for non-hemorrhagic strokes during treatment at Handayani Hospital, Kotabumi, North Lampung. The research method used was a descriptive method of interviews with family members with a case study, namely how Passive ROM was implemented in non-hemorrhagic stroke patients who experienced physical mobility problems at the Handayani Hospital, Kotabumi, North Lampung. The results of the study showed that the application of passive ROM was the focus of the actions carried out for 3 consecutive days. The evaluation results showed that the nursing problem of impaired physical mobility was partially resolved, marked by an increase in muscle strength from 2 to 4. Nurses were expected to be able to provide nursing actions for the application of Passive ROM to patients. Non-Hemorrhagic Stroke which experiences problems with physical mobility.*

*Keywords : Muscle Strength, Non-Hemorrhagic Stroke, Passive ROM*  
*Reading List : 14 (2015-2023)*