

POLITEKNIK KESEHATAN KEMENTERIAN KESEHATAN TANJUNGPUR  
JURUSAN KEPERAWATAN  
PROGRAM STUDI DIII KEPERAWATAN KOTABUMI

Karya Tulis Ilmiah, Februari 2024  
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PENERAPAN ELEVASI KEPALA 30 DERAJAT TERHADAP PASIEN ICH DENGAN  
MASALAH KEPERAWATAN POLA NAFAS TIDAK EFEKTIF DI RUMAH SAKIT  
UMUM HANDAYANI KOTABUMI LAMPUNG UTARA

68 halaman + 5 tabel + 2 gambar

### **ABSTRAK**

Stroke hemoragik adalah disfungsi neurologis fokal mendadak yang disebabkan oleh perdarahan primer spontan akibat pecahnya pembuluh darah otak terganggu. Penelitian ini bertujuan menilai tanda dan gejala serta kemampuan dalam melakukan elevasi kepala 30 derajat selama perawatan di Rumah Sakit Umum Handayani Kotabumi Lampung Utara. Metode dalam penelitian menggunakan deskriptif dengan studi kasus menggunakan bagaimana penerapan elevasi kepala 30 derajat pada pasien ICH yang mengalami masalah keperawatan pola nafas tidak efektif di Rumah Sakit Umum Handayani Kotabumi Lampung Utara yang dilaporkan dalam bentuk studi kasus. Hasil penelitian menunjukkan bahwa setelah pemantauan keperawatan otot bantu nafas, dan frekuensi nafas membaik selama 3 (tiga) hari perawatan serta tidak terdapat adanya tanda-tanda menurunnya otot bantu nafas, dan frekuensi nafas membaik pada pasien penurunan kesadaran.

Kata kunci : Elevasi Kepala 30 Derajat, Intracerebral Hemoragik, Stroke Hemoragik  
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*IMPLEMENTATION OF 30 DEGREE HEAD ELEVATION ON ICH PATIENTS  
WITH INEFFECTIVE BREATHING PATTERN NURSING PROBLEMS AT  
HANDAYANI GENERAL HOSPITAL KOTABUMI LAMPUNG UTARA*

68 pages + 5 table + 2 picture

### **ABSTRACT**

*Hemorrhagic stroke is a sudden focal neurological dysfunction caused by spontaneous primary bleeding due to rupture of disrupted cerebral blood vessels. This study aims to assess sign and symptoms as well as the ability to carry out 30 degree head elevation during treatment at the Handayani General Hospital, North Lampung City. The method used in the research was descriptive with a case study using how to apply 30 degrees head elevation to ICH patients who experienced nursing problems with ineffective breathing patterns at the Handayani General Hospital, Kotabumi, North Lampung, which was reported in the form of a case study. The results of the study showed that after nursing monitoring the respiratory muscles and breathing frequency improved during 3 (three) days of treatment and there were no signs of a decline in the respiratory muscles, and the breathing frequency improved in patients with decreased consciousness.*

*Keywords : Head Elevation 30 Degrees, Intracerebral Hemorrhagic, Hemorrhagic  
Reference : 22 (2017-2023)*