

POLTEKKES KEMENTERIAN KESEHATAN TANJUNGPUR  
JURUSAN KEPERAWATAN  
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PENERAPAN *RANGE OF MOTION* (ROM) PADA PASIEN STROKE YANG  
MENGALAMI MASALAH KEPERAWATAN GANGGUAN MOBILITAS FISIK  
DI RUANG FRESIA 3 RUMAH SAKIT UMUM HANDAYANI  
KOTABUMI LAMPUNG UTARA

xvii+ 61 halaman +8 tabel +2 gambar + 6 lampiran

**ABSTRAK**

Pasien stroke sering terjadi gejala gangguan anggota gerak di bagian tubuh tertentu seperti kelemahan atau pun kelumpuhan sehingga dibutuhkan latihan *range of motion* (ROM) untuk menangani dan mengurangi kelemahan otot atau menjaga fleksibilitas sendi. Latihan dilakukan selama 15-40 menit dengan frekuensi 2 kali dalam sehari dengan waktu 3 hari. Tujuan studi kasus ini memberikan gambaran tentang penerapan latihan ROM pada pasien yang mengalami masalah keperawatan gangguan mobilitas fisik pada kasus stroke terhadap Ny.S di ruang fresia 3 Rumah Sakit Umum Handayani Kotabumi Lampung utara. Penulisan studi kasus ini menggunakan metode studi kasus dengan desain deskriptif. untuk pengumpulan data menggunakan metode wawancara, observasi dan studi dokumentasi. target luaran mobilitas fisik meningkat dengan intervensi keperawatan *Range Of Motion*. Hasil studi kasus bahwa setelah dilakukan latihan ROM masalah teratasi sebagian. Hasil Kesimpulan penerapan didapatkan tindakan latihan ROM efektif dalam mengatasi masalah gangguan mobilitas fisik pada pasien stroke. Saran diharapkan RS umum Handayani Lampung Utara perlu dilakukan penelitian lebih lanjut untuk melihat kembali gambaran pengaruhnya intervensi ini dilakukan.

Kata kunci : mobilitas fisik, *Range Of Motion* (ROM), Stroke

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*IMPLEMENTATION RANGE OF MOTION (ROM) IN STROKE PATIENTS WHO  
EXPERIENCE NURSING PROBLEMS WITH PHYSICAL MOBILITY  
IMPAIRMENTS IN FRESIA ROOM 3 HANDAYANI GENERAL HOSPITAL  
NORTH LAMPUNG CITY*

*xvii+61pages+8 tables+ 2 pictures+ 6 appendices*

### ***ABSTRACT***

*Stroke patients often experience symptoms of movement disorders in certain parts of the body, such as weakness or paralysis, so range of motion (ROM) exercises are needed to treat and reduce muscle weakness or maintain joint flexibility. Exercise is carried out for 15-40 minutes with a frequency of 2 times a day for 3 days. The aim of this case study is to provide an overview of the application of ROM exercises to patients who experience nursing problems with impaired physical mobility in the stroke case of Mrs. S in Fresia Room 3, Handayani General Hospital, Kotabumi, North Lampung. Writing this case study uses the case study method with a descriptive design. To collect data using interview, observation and documentation study methods. The physical mobility outcome target is increased with the Range Of Motion nursing intervention. The results of the case study showed that after ROM exercises the problem was partially resolved. Results: The conclusion of the application was that ROM exercises were effective in overcoming the problem of physical mobility disorders in stroke patients. The suggestion is that the Handayani General Hospital, North Lampung, needs to carry out further research to review the picture of the impact of this intervention.*

*Keyword : physical mobility, Range Of Motion (ROM), Stroke  
Reading list : (25) 2018-2023*