

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

Karya Tulis Ilmiah, Februari 2024
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PENERAPAN LATIHAN ROM PADA TN.Z DENGAN STROKE NON
HEMORAGIK DI RUANG FRESIA 3 RUMAH SAKIT UMUM HANDAYANI
KOTABUMI LAMPUNG UTARA

xviii + 69 Halaman + 4 tabel + 2 gambar + 6 lampiran

ABSTRAK

Stroke adalah disfungsi neurologi akut yang disebabkan oleh gangguan aliran darah yang timbul secara mendadak sehingga pasokan darah ke otak terganggu mengakibatkan kelainan fungsional dari sistem pusat, Stroke adalah tanda-tanda klinis yang berkembang cepat akibat gangguan fungsi otak fokal (global), dengan gejala-gejala yang berlangsung selama 24 jam atau lebih dapat menyebabkan kematian, tanpa penyebab lain selain tanpa vaskuler. Penelitian ini bertujuan untuk penerapan latihan rentang gerak pada Tn.Z dengan stroke non hemoragik dalam mencegah terjadinya penurunan kekuatan otot dengan terapi latihan ROM selama perawatan di Rumah Sakit Umum Handayani Kotabumi Lampung Utara. Metode dalam penelitian ini menggunakan deskriptif dengan studi kasus yaitu menggunakan penerapan terapi latihan ROM pada pasien stroke non hemoragik yang mengalami masalah keperawatan gangguan mobilitas fisik di Rumah Sakit Umum Handayani Kotabumi Lampung Utara yang dilaporkan bentuk studi kasus. Hasil penelitian menunjukkan peningkatan kekuatan otot selama 3 (tiga) hari perawatan. Perawat diharapkan dapat memberikan tindakan keperawatan latihan ROM pada pasien stroke non hemoragik dalam mencegah kekakuan otot.

Kata Kunci : Latihan ROM, Gangguan Mobilitas Fisik, Stroke Non Hemoragik
Daftar Bacaan : 18 (2017-2024)

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DIII NURSING STUDY PROGRAM KOTABUMI*

Scientific Writing, February 2024
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*IMPLEMENTATION OF ROM EXERCISES TO MR.Z WITH NON
HEMORRHAGIC STROKE IN FRESIA ROOM 3 HANDAYANI GENERAL
HOSPITAL KOTABUMI LAMPUNG UTARA*

xviii + 69 Halaman + 4 tabel + 2 gambar + 6 lampiran

ABSTRACT

Stroke is an acute neurological dysfunction caused by a sudden disruption in blood flow so that the blood supply to the brain is disrupted resulting in functional abnormalities of the central system. Stroke is a clinical sign that develops rapidly due to focal (global) brain function disorders, with symptoms that last for 24 hours or more can cause death, for no other reason than nonvascular. This study aims to implementation of range of motion exercises to Mr.Z with non hemorrhagic stroke as well as the ability to prevent a decrease in muscle strength with ROM exercise therapy during treatment at the Handayani General Hospital, North Lampung City. The method used in this research is descriptive with a case study, namely using the application of ROM exercise therapy to non-hemorrhagic stroke patients who experience nursing problems with impaired physical mobility at the Handayani General Hospital, Kotabumi, North Lampung, which is reported in the form of a case study. The results showed an increase in muscle strength during 3 (three) days of treatment. Nurses are expected to be able to provide ROM exercise nursing actions to non-hemorrhagic stroke patients to prevent muscle stiffness.

*Keywords: ROM exercise, Physical Mobility Disorders, Non-Hemorrhagic Stroke
Reference: 18 (2017-2024)*