

ABSTRAK

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Penerapan *Evidence Based Practice Nursing Range Of Motion (ROM)* Pasif Terhadap Peningkatan Kekuatan Otot Pada Pasien Stroke Non Hemoragik Di Ruang Ali Fatimah Rsi Kendal

Latar belakang: Stroke atau Cerebro Vascular Accident (CVA) adalah kondisi kedaruratan ketika terjadi defisit neurologis akibat dari penurunan secara tiba-tiba aliran darah ke area otak yang terlokalisasi. Stroke dapat terjadi iskemik yaitu ketika suplai darah ke bagian otak tiba-tiba terganggu oleh trombus, embolus, atau stenosis pembuluh darah dan atau dapat terjadi hemoragik yaitu ketika pembuluh darah mengalami ruptur sehingga darah meluber ke dalam ruang di sekitar neuron.

Tujuan: Penelitian ini bertujuan untuk mengetahui efektifitas dari Penerapan *Evidence Based Nursing Range Of Motion Pasif* Pada Pasien Stroke Non Hemoragik Di Ruang Ali Fatimah Rumah Sakit Islam Kendal.

Metode: Studi kasus dengan mengelola satu pasien yang diberikan asuhan keperawatan pada pasien stroke non hemoragik berdasarkan buku SDKI, SIKI dan SLKI. Intervensi yang dilakukan kepada pasien yaitu dengan memberikan terapi ROM. Implementasi dilakukan selama tiga hari dengan mengobservasi kekuatan otot pada pasien menggunakan alat ukur *Manual Muscle Strength Testing (MMST)*

Hasil: Hasil penelitian ini menunjukkan bahwa terdapat peningkatan kekuatan otot pada ekstremitas sebelah kanan setelah diberikan latihan ROM (*Range Of Motion*) Pasif selama 3 hari dirawat dengan dibuktikan nilai kekuatan otot ekstremitas kanan sebelum diberikan terapi ROM pasif yaitu 2 dan nilai kekuatan otot ekstremitas kanan setelah diberikan terapi ROM pasif meningkat menjadi 3.

Simpulan: Berdasarkan hasil penelitian pemberian asuhan keperawatan pada pasien stroke non hemoragik dapat dilakukan tindakan keperawatan berupa terapi ROM. Pemberian terapi ROM pasif sangat efektif sebagai terapi pendamping pada pasien stroke dengan kelemahan pada ekstremitas.

Kata kunci: ROM, Kekuatan Otot, Stroke Non Hemoragik

ABSTRACT

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The Application of Evidence Based Practiced Nursing Passive Range of Motion (ROM) To Increase Muscle Strength in Non-Hemorrhagic Stroke Patients in The Ali Fatimah Room, Kendal Hospital

Background: Stroke or Cerebro Vascular Accident (CVA) is an emergency condition in which a neurological deficit results from a sudden decrease in blood flow to a localized area of the brain. A stroke can be ischemic which is when the blood supply to a part of the brain is suddenly interrupted by a thrombus, embolus, or stenosis of a blood vessel and or it can be hemorrhagic which is when a blood vessel ruptures so that blood overflows into the space around the neurons.

Objective: This study aims to determine the effectiveness of the Application of Evidence Based Nursing Passive Range of Motion in Non-Hemorrhagic Stroke Patients in the Ali Fatimah Room, Kendal Islamic Hospital.

Methods: Case study by managing one patient who was given nursing care for non-hemorrhagic stroke patients based on SDKI, SIKI and SLKI books. Interventions carried out to patients are by providing ROM therapy. Implementation is carried out for three days by observing muscle strength in patients using the Manual Muscle Strength Testing (MMST) measuring instrument.

Results: The results of this study indicate that there is an increase in muscle strength in the right extremity after being given Passive ROM (Range of Motion) training for 3 days treated as evidenced by the right extremity muscle strength value before being given passive ROM therapy, namely 2 and the right extremity muscle strength value after being given passive ROM therapy increased to 3.

Conclusion: Based on the results of research on the provision of nursing care in non-hemorrhagic stroke patients, nursing actions can be carried out in the form of ROM therapy. Passive ROM therapy is very effective as a companion therapy for stroke patients with weakness in the extremities.

Keywords: *ROM, Muscle Strength, Non-Hemorrhagic Stroke*

