

**Application Of Passive Rom In Overcoming Physical Mobility Problems On
Non-Hemorrhagic Stroke Patients
In The Alamanda I Room
Sleman Hospital**

Teki Kurniawati*, Rosa Delima Ekwantini, Catur Budi Susilo
Departement of Nursing Poltekkes Kemenkes Yogyakarta
Jl. Tatabumi No.3 Banyuraden, Gamping, Sleman
Email tekikurnia@gmail.com

ABSTRACT

Background: Stroke is a clinical manifestation of impaired brain function both vocal and global (overall), which progresses rapidly, lasting more than 24 hours or until it causes death, with no other cause than vascular disorders with complex clinical symptoms. The problem that often arises in stroke patients is movement disorders, patients experience disturbances or difficulties when walking because they experience disturbances in muscle strength and body balance, it is necessary to carry out interventions or appropriate nursing action plans such as joint strengthening exercises / Range of Motion (ROM). **Objective:** Applying Range of Motion as part of the nurse's independent intervention in carrying out nursing care in Non-Hemorrhagic Stroke patients with nursing problems with physical mobility disorders **Method:** Case study approach in Non-Hemorrhagic Stroke patients who experience limb weakness in Sleman Yogyakarta Hospital with the application of Range of Motion based on evidence base practice. **Results:** There is an increase in muscle strength in patients after ROM exercises. Muscle strength at the time of assessment with a value of 1 in the upper left extremity and 2 in the lower left extremity increased to 2 in the upper left extremity and 3 in the lower left extremity. **Conclusion:** Nursing Actions giving ROM given 2 times a day for 15 to 30 minutes Patients with non-hemorrhagic stroke who experience limb weakness are proven to be able to increase muscle strength and are independent actions by nurses. These can be applied in hospitals and taught to patients and their families to be applied when continuing treatment at home. **Keywords:** non hemorrhagic stroke, Passive Range of Motion, impaired physical mobility. **Conclusion:** The nursing action of giving ROM which is given 2 times a day for 15 to 30 minutes in patients with non-hemorrhagic strokes who experience limb weakness is proven to increase muscle strength and is an independent nurse action. which can be applied in hospitals and taught to patients and families to be able to applied while continuing care at home.

Keyword: non hemorrhagic stroke, Passive Range of Motion, impaired physical mobility.

**Penerapan Rom Pasif Dalam Mengatasi Masalah Gangguan Mobilitas Fisik
Pada Pasien Stroke Non Hemoragik
Di Ruang Alamanda I
Rsud Sleman”**

Teki Kurniawati*, Rosa Delima Ekwantini, Catur Budi Susilo
Jurusan Keperawatan Poltekkes Kemenkes Yogyakarta,
Jl. Tatabumi No.3 Banyuraden, Gamping, Sleman
Email tekikurnia@gmail.com

ABSTRAK

Latar Belakang: Stroke adalah manifestasi klinis dari gangguan fungsi otak baik vokal maupun global (menyeluruh), yang berlangsung cepat, berlangsung lebih dari 24 jam atau sampai menyebabkan kematian, tanpa penyebab lain selain gangguan vaskular dengan gejala klinis yang kompleks. Masalah yang sering muncul pada pasien stroke adalah gangguan gerak, pasien mengalami gangguan atau kesulitan saat berjalan karena mengalami gangguan pada kekuatan otot dan keseimbangan tubuh, maka perlu dilakukan intervensi atau rencana tindakan keperawatan yang tepat seperti latihan penguatan sendi / Range Of Motion (ROM). **Tujuan:** Menerapkan Range of Motion sebagai bagian intervensi mandiri perawat dalam melaksanakan asuhan keperawatan pada pasien Stroke Non Hemoragik dengan masalah keperawatan gangguan mobilitas fisik **Metode:** Pendekatan studi kasus pada pasien Stroke Non Hemoragik yang mengalami kelemahan anggota gerak di RSUD Sleman Yogyakarta dengan penerapan Range of Motion berdasarkan evidence base practice. **Hasil:** Terdapat peningkatan kekuatan otot pada pasien setelah dilakukan latihan ROM. Kekuatan otot pada saat pengkajian dengan nilai 1 pada ekstremitas kiri atas dan 2 pada ekstremitas kiri bawah meningkat menjadi 2 pada ekstremitas kiri atas dan 3 pada ekstremitas kiri bawah.. **Kesimpulan:** Tindakan Keperawatan pemberian ROM yang diberikan 2 kali sehari selama 15 sampai 30 menit pada pasien dengan stroke non hemoragik yang mengalami kelemahan anggota gerak terbukti dapat meningkatkan kekuatan otot dan merupakan tindakan mandiri perawat yang bisa diterapkan di rumah sakit dan diajarkan pada pasien dan keluarga untuk dapat diterapkan saat melanjutkan perawatan di rumah.

Kata Kunci: stroke non hemoragik, Range of Motion pasif, gangguan mobilitas fisik.