

**APPLICATION OF PASSIVE RANGE OF MOTION (ROM) IN FULFILLING THE NEEDS OF PHYSICAL MOBILITY IN NON-HEMORRHAGIC STROKE PATIENTS IN THE ALAMANDA I SLEMAN HOSPITAL**

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**ABSTRACT**

**Background:** Stroke is still a major health problem characterized by limited mobility. Individuals with movement disorders need mobilization exercises in the form of Range of Motion (ROM) exercises aimed at increasing or maintaining flexibility and muscle strength.

**Objective:** to be able to apply Passive Range of Motion (ROM) to the problem of impaired physical mobility in non-hemorrhagic stroke patients in Alamanda I Room of Sleman Hospital.

**Method:** In writing this case study, the author uses a descriptive method, describing the nursing process approach which includes the stages of assessment, formulation of diagnoses, nursing planning, implementation, evaluation and documentation.

**Results:** Assessment of Mrs. S and Mr. S indicated that the weakness of the left limbs experienced both had a value of muscle strength 2. Both patients showed the same nursing problem, namely impaired physical mobility. Nursing interventions for mobilization support are prepared based on the SIKI for mobilization support that has been developed, namely doing passive ROM exercises. Implementation of nursing carried out in accordance with the action plan that has been prepared. Evaluation of the nursing diagnoses obtained in the two patients was the same, that is, the impaired physical mobility was partially resolved.

**Conclusion:** After Mrs. S and Mr. In the application of Passive Range of Motion (ROM) to the problem of impaired physical mobility in non-hemorrhagic stroke patients in the Alamanda I Room of Sleman Hospital, the physical mobility disorder was partially resolved, as evidenced by the increase in the patient's physical mobility with a muscle strength value from 2 to 3.

**Keywords:** range of motion (ROM), physical mobility, stroke

**PENERAPAN *RANGE OF MOTION* (ROM) PASIF DALAM PEMENUHAN KEBUTUHAN MOBILITAS FISIK PADA PASIEN STROKE NON HEMORAGIK DI RUANG ALAMANDA I RSUD SLEMAN**

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**ABSTRAK**

**Latar belakang:** Stroke masih menjadi salah satu masalah utama kesehatan ditandai dengan keterbatasan mobilisasi. Individu dengan gangguan gerak perlu latihan mobilisasi berupa latihan *Range of Motion* (ROM) yang bertujuan meningkatkan atau mempertahankan fleksibilitas dan kekuatan otot.

**Tujuan:** mampu menerapkan *Range of Motion* (ROM) Pasif terhadap masalah gangguan mobilitas fisik pada pasien stroke non hemoragik di Ruang Alamanda I RSUD Sleman.

**Metode:** Dalam penulisan studi kasus ini, penulis menggunakan metode deskriptif, menggambarkan dengan pendekatan proses keperawatan yang meliputi tahap pengkajian, perumusan diagnosa, perencanaan keperawatan, implementasi, evaluasi dan dokumentasi.

**Hasil:** Pengkajian Ny. S dan Tn. S menunjukkan bahwa adanya kelemahan anggota gerak kiri yang dialami sama-sama memiliki nilai kekuatan otot 2. Kedua pasien menunjukkan masalah keperawatan yang sama yaitu gangguan mobilitas fisik. Intervensi keperawatan untuk dukungan mobilisasi disusun berdasarkan SIKI dukungan mobilisasi yang telah dikembangkan yaitu melakukan latihan ROM pasif. Implementasi keperawatan yang dilakukan disesuaikan dengan rencana tindakan yang telah disusun. Evaluasi diagnosa keperawatan yang didapatkan pada kedua pasien sama yaitu gangguan mobilitas fisik teratasi sebagian.

**Kesimpulan:** Setelah pasien Ny. S dan Tn. S dilakukan penerapan *Range of Motion* (ROM) Pasif terhadap masalah gangguan mobilitas fisik pada pasien stroke non hemoragik di Ruang Alamanda I RSUD Sleman gangguan mobilitas fisik teratasi sebagian dibuktikan dengan meningkatnya mobilitas fisik pasien dengan nilai kekuatan otot dari 2 menjadi 3.

**Kata kunci:** *range of motion* (ROM), mobilitas fisik, stroke