

**APPLICATION OF PASSIVE RANGE OF MOTION (ROM) IN FULFILLING
PHYSICAL MOBILITY NEEDS IN NON-HEMORRHAGIC STROKE
PATIENTS AT GADJAH MADA STROKE CENTER
NAKULA 4 UGM ACADEMIC HOSPITAL**

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ABSTRACT

Background: *Non-Hemorrhagic Stroke is a type of stroke that occurs due to blockage in the blood vessels of the brain, the blood supply to the brain is disrupted resulting in impaired mobility. Individuals with movement disorders need mobilization exercises in the form of passive Range of Motion (ROM) exercises which aim to increase or maintain muscle flexibility and strength.*

Objective: *To apply Passive Range of Motion (ROM) to the problem of impaired physical mobility in Non-Hemorrhagic Stroke patients at the Gadjah Mada Stroke Center Nakula 4 UGM Academic Hospital.*

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

Results: *Assessment of Mrs. M and Mr. K shows that there is weakness in the right limb. Both patients showed the same nursing problem, namely impaired physical mobility. Nursing planning for physical mobility disorders by applying evidence based nursing practice passive Range of Motion (ROM) to increase muscle strength in patients. Nursing implementation is carried out by applying passive Range of Motion (ROM) to increase muscle strength which is carried out 2 times per day for approximately 15-20 minutes in 1 exercise. The nursing diagnosis evaluation obtained in both patients was the same, namely an increase in muscle strength.*

Conclusion: *After the patient Mrs. M and Mr. K carried out passive Range of Motion (ROM) for the problem of impaired physical mobility in Non-Hemorrhagic Stroke patients at Gadjah Mada Stroke Center Nakula 4 UGM Academic Hospital can increase muscle strength in Non-Hemorrhagic Stroke patients.*

Keywords: *Non-Hemorrhagic Stroke, Impaired Physical Mobility, Passive ROM*

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**PENERAPAN *RANGE OF MOTION* (ROM) PASIF DALAM PEMENUHAN
KEBUTUHAN MOBILITAS FISIK PADA PASIEN STROKE NON
HEMORAGIK DI GADJAH MADA STROKE CENTER
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ABSTRAK

Latar belakang: Stroke Non Hemoragik adalah jenis stroke yang terjadi akibat penyumbatan pada pembuluh darah otak, suplai darah ke otak terganggu sehingga mengalami gangguan mobilisasi. Individu dengan gangguan gerak perlu latihan mobilisasi berupa latihan *Range of Motion* (ROM) pasif yang bertujuan meningkatkan atau mempertahankan fleksibilitas dan kekuatan otot.

Tujuan: Untuk menerapkan *Range of Motion* (ROM) Pasif terhadap masalah gangguan mobilitas fisik pada pasien Stroke Non Hemoragik di Gadjah Mada Stroke Center Nakula 4 RS Akademik UGM.

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. M dan Tn. K menunjukkan bahwa adanya kelemahan anggota gerak kanan. Kedua pasien menunjukkan masalah keperawatan yang sama yaitu gangguan mobilitas fisik. Perencanaan keperawatan gangguan mobilitas fisik dengan menerapkan *evidence based nursing practice Range of Motion* (ROM) pasif untuk meningkatkan kekuatan otot pada pasien. Implementasi keperawatan yang dilakukan dengan penerapan *Range of Motion* (ROM) pasif untuk meningkatkan kekuatan otot yang dilakukan 2 kali kunjungan setiap hari selama kurang lebih 15-20 menit dalam 1 kali latihan. Evaluasi diagnosa keperawatan yang didapatkan pada kedua pasien sama yaitu terjadi peningkatan kekuatan otot.

Kesimpulan: Setelah pasien Ny. M dan Tn. K dilakukan *Range of Motion* (ROM) pasif terhadap masalah gangguan mobilitas fisik pada pasien Stroke Non Hemoragik di Gadjah Mada Stroke Center Nakula 4 RS Akademik UGM dapat meningkatkan kekuatan otot pada pasien Stroke Non Hemoragik.

Kata kunci : Stroke Non Hemoragik, Gangguan Mobilitas Fisik, ROM Pasif

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