

***THE APPLICATION OF PASSIVE RANGE OF MOTION (ROM) IN
PATIENTS WITH NURSING PROBLEM PHYSICAL MOBILITY
DISORDERS : STROKE IN RSUD WATES***

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ABSTRACT

Background : every year 15 million people experience a stroke where 34% suffer permanent paralysis and 40% survive on the dependence of others. Individuals with movement disorders need mobilization exercises in the form of Range of Motion (ROM) exercises aimed at increasing or maintaining muscle flexibility and strength.

Objective : Knowing the description of the application of passive Range of Motion (ROM) in patients with nursing problem physical mobility disorders : stroke in RSUD Wates.

Method : using a qualitative descriptive method with exposure to case studies. Case studies were carried out by comparing the responses of two patients with the same nursing problem and given the same action.

Results : characteristics of patients with physical mobility disorders is complaining of weak and difficult to move affected hands and feet, decreased hand and feet muscle strength, heavy or total dependence scale, high risk of falling, showing cerebral infarction in the parietal lobe dextra or sinistra. Patients are given passive Range of Motion (ROM) exercises for 20 minutes in five days by moving their wrists, elbows, shoulders, fingers, hips, knees, soles, and ankles. After five days, the patient still feels weakness in the diseased limb and still feels pain during exercise.

Conclusion : the response of the two patients was different after being given passive Range of Motion (ROM) exercises.

Keywords : Passive of Range of Motion, Stroke, Physical Mobility Disorders

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**PENERAPAN *RANGE OF MOTION* (ROM) PASIF PADA
PASIEN DENGAN MASALAH KEPERAWATAN GANGGUAN
MOBILITAS FISIK : STROKE DI RSUD WATES**

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ABSTRAK

Latar Belakang : setiap tahun 15 juta orang mengalami stroke dimana 34% menderita kelumpuhan permanen dan 40% bertahan hidup dengan ketergantungan orang lain. Individu dengan gangguan gerak perlu latihan mobilisasi berupa latihan *Range of Motion* (ROM) yang bertujuan meningkatkan atau mempertahankan fleksibilitas dan kekuatan otot.

Tujuan : mengetahui gambaran penerapan *Range of Motion* (ROM) pasif pada pasien dengan masalah keperawatan gangguan mobilitas fisik : stroke di RSUD Wates.

Metode : menggunakan metode deskriptif kualitatif dengan pemaparan studi kasus. Studi kasus dilaksanakan dengan membandingkan respon dua pasien dengan masalah keperawatan yang sama dan diberi tindakan yang sama.

Hasil : karakteristik pasien gangguan mobilitas fisik pada studi kasus ini, antara lain mengeluhkan lemah dan sulit digerakkan pada ekstremitas yang sakit, mengalami penurunan kekuatan otot ekstremitas, skala ketergantungan berat atau total, tingkat risiko jatuh tinggi, hasil *head* MSCT *scan* menunjukkan infark *cerebri* di lobus parietalis dekstra maupun sinistra. Pasien diberikan latihan *Range of Motion* (ROM) pasif selama 20 menit dalam lima hari dengan menggerakkan pergelangan tangan, siku, bahu, jari-jari tangan, pinggul, lutut, telapak kaki, serta pergelangan kaki. Setelah lima hari, pasien masih merasakan lemas pada ekstremitas yang sakit serta masih merasakan nyeri saat latihan.

Kesimpulan : hasil respon dari kedua pasien berbeda setelah diberikan latihan *Range of Motion* (ROM) pasif.

Kata Kunci : *Range of Motion Pasif, Stroke, Gangguann Mobilitas Fisik*

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