

*ROM (RANGE OF MOTION) PADA SALAH SATU
ANGGOTA KELUARGA PASCA STROKE DI WILAYAH
KERJA PUSKESMAS SEWON II*

Kirana Valensia¹, Bondan Palestin², Tri Prabowo³
Jurusan Keperawatan Poltekkes Kemenkes Yogyakarta Jalan
TataBumi, Banyuraden Gamping, Sleman, Yogyakarta 55243
Email : radenwalimen@gmail.com

ABSTRAK

Latar Belakang : Perawatan pasien pasca stroke sangat penting dilakukan selama dirumah. Penerapan latihan ROM pada pasien pasca stroke diperlukan kolaborasi antara tenaga kesehatan khususnya perawat dan keluarga. Selama perawatan dirumah keluarga memiliki peran untuk melatih ROM kepada pasien

Tujuan Penelitian: Tujuan penelitian ini yaitu menerapkan *ROM (Range Of Motion)* untuk meningkatkan mobilitas fisik pada salah satu anggota keluarga pasca stroke di wilayah kerja Puskesmas Sewon II. Hasil studi pendahuluan yang dilakukan oleh peneliti tanggal 17 November 2022 melalui wawancara dan studi dokumentasi di Puskesmas Sewon II didapatkan data jumlah penderita pasca stroke yang berada di wilayah kerja Puskesmas Sewon II Kabupaten Bantul Yogyakarta sejak bulan Januari–Oktober 2021 yaitu sebanyak 50 orang.

Metode penelitian : penelitian ini menggunakan metode studi kasus dimana menganalisis dan membandingkan dua kasus keluarga dengan pasien pasca stroke menggunakan metode evaluasi terhadap pelaksanaan ROM.

Hasil penelitian : Hasil penelitian menunjukkan bahwa terdapat 2 keluarga dengan salah satu anggota keluarga pasca stroke. Latihan rentang gerak pada Ny.S efektif dalam meningkatkan kekuatan otot dan rentang gerak sendi yang ditanda dengan adanya peningkatan kekuatan otot pada bagian yang mengalami kelemahan dengan skor akhir 4, pasien mampu melakukan latihan rentang gerak secara mandiri. Sedangkan pada pasien Tn.B latihan rentang gerak efektif namun untuk peran serta dukungan dari keluarga kurang maksimal

Kesimpulan : Latihan ROM dan keikutsertaan keluarga berpengaruh terhadap tingkat kemandirian pasien pasca stroke.

Kata Kunci : ROM , Pasca Stroke, Keluarga

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1. Mahasiswa DIII Keperawatan Poltekkes Kemenkes Yogyakarta
 2. Dosen Jurusan Keperawatan Poltekkes Kemenkes Yogyakarta
 3. Dosen Jurusan Keperawatan Poltekkes Kemenkes Yogyakarta

*ROM (RANGE OF MOTION) IN ONE OF THE FAMILY MEMBERS
POST STROKE IN THE WORKING AREA OF SEWON II COMMUNITY
HEALTH CENTER*

Kirana Valensia¹, Bondan Palestin², Tri Prabowo³

Jurusan Keperawatan Poltekkes Kemenkes Yogyakarta Jalan TataBumi,
Banyuraden Gamping, Sleman, Yogyakarta 55243

Email : radenwalimen@gmail.com

ABSTRACT

Background : It is very important to care for post-stroke patients at home. Implementing ROM exercises in post-stroke patients requires collaboration between health workers, especially nurses and families. During home treatment, the family has a role in training ROM to the patient.

Research Objective: The aim of this research is to apply ROM (Range Of Motion) to increase physical mobility in one of the family members after a stroke in the work area of the Sewon II Community Health Center. The results of a preliminary study conducted by researchers on November 17 2022, through interviews and documentation studies at the Sewon II Community Health Center, obtained data on the number of post-stroke sufferers who were in the work area of the Sewon II Community Health Center, Bantul Regency, Yogyakarta from January–October 2021, namely 50 people.

Research Method : This research uses a case study method which analyzes and compares two cases of families with post-stroke patients using the evaluation method of the implementation of ROM.

Research result : The results of the study showed that there were 2 families with one family member post-stroke. Range of motion exercises for Mrs. S were effective in increasing muscle strength and joint range of motion as indicated by an increase in muscle strength in the part experiencing weakness with a final score of 4, the patient was able to carry out range of motion exercises independently. Meanwhile, in patient Mr. B, range of motion exercises were effective, but the role and support from the family was less than optimal

Conclusion : ROM exercises and family participation influence the level of independence of post-stroke patients

Keywords : ROM, post-stroke, family

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1. DIII Nursing Student of Poltekkes Kemenkes Yogyakarta
 2. Lecture of Nursing Department of Poltekkes Kemenkes Yogyakarta
 3. Lecture of Nursing Department of Poltekkes Kemenkes Yogyakarta

