

**PENERAPAN KOMBINASI TERAPI ALIH BARING DAN MASSAGE EFFLEURAGE
PADA PASIEN STROKE DENGAN MASALAH KEPERAWATAN
RISIKO GANGGUAN INTEGRITAS KULIT
DI RSUD WATES**

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ABSTRAK

Latar Belakang : Stroke merupakan salah satu penyakit yang terjadi karena adanya penyempitan pada pembuluh darah sehingga mengakibatkan aliran darah dan oksigen yang menuju ke otak mengalami hambatan atau bahkan berhenti. Salah satu akibat dari pasien stroke yang mengalami immobilisasi adalah tirah baring. Tirah baring yang terlalu lama akan menyebabkan adanya risiko gangguan integritas kulit, cara mengatasi adanya risiko gangguan integritas kulit adalah dengan alih baring dan *massage effleurage*.

Tujuan : Penelitian ini bertujuan untuk memberikan gambaran penerapan alih baring dan *massage effleurage* pada pasien stroke yang mengalami risiko gangguan integritas kulit.

Metode : Desain penelitian yang digunakan adalah studi kasus dengan dua pasien stroke non hemoragik hemiparase sinistra yang memiliki masalah risiko gangguan integritas kulit.

Hasil : Setelah dilakukan penerapan terapi alih baring dan *massage effleurage* dengan virgin coconut oil pada pasien stroke non hemoragik hemiparase sinistra selama 3 hari berturut-turut risiko gangguan integritas kulit yang dialami pasien yang awalnya risiko tinggi menurun menjadi risiko ringan gangguan integritas kulit.

Kesimpulan : Penerapan kombinasi terapi alih baring dan *massage effleurage* dapat menurunkan masalah risiko gangguan integritas kulit secara efektif.

Kata kunci : alih baring, *massage*, *virgin coconut oil*, stroke

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**APPLICATION OF A COMBINATION OF BEDSIDE SHIFT THERAPY AND
MASSAGE EFFLEURAGE IN STROKE PATIENTS WITH NURSING
PROBLEMS AT RISK OF SKIN INTEGRITY DISORDERS
AT WATES HOSPITAL**

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ABSTRACT

Background: Stroke is a disease that occurs due to narrowing of the blood vessels, causing the flow of blood and oxygen to the brain to be obstructed or even stop. One of the risks of stroke that is immobilized is lying down. Lying down for too long will cause a risk of skin integrity disorders, the way to overcome the risk of skin integrity disorders is to lie down and massage effleurage.

Objective: This study aims to provide an overview of the application of bed back and massage effleurage in stroke patients who are at risk of skin integrity disorders.

Methods: The research design used was a case study with two patients with non-hemorrhagic hemiparesis sinister stroke who had problems with the risk of skin integrity disorders.

Results: After the application of bedtime and massage effleurage therapy with virgin coconut oil in patients with non-hemorrhagic stroke hemiparase sinister for 3 consecutive days, the risk of skin integrity disorders experienced by patients who were initially at high risk decreased to a mild risk of skin integrity disorders.

Conclusion: The application of a combination of bedside massage therapy and massage effleurage can reduce the risk of skin integrity disorders while being effective.

Keywords : lie down, massage, virgin coconut oil, stroke

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