

PENGARUH KOMBINASI RANGE OF MOTION (ROM) DAN KOMPRES HANGAT TERHADAP PENINGKATAN KEMAMPUAN ACTIVITY DAILY LIVING PADA PASIEN PASCA STROKE DI WILAYAH KERJA PUSKESMAS KECAMATAN LIMO DEPOK

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Abstrak

Stroke dapat menyebabkan terjadinya penurunan kemampuan *activity daily living* hal ini dikarenakan adanya keterbatasan mobilitas akibat kerusakan saraf yang dialami pasien pasca stroke. Oleh karena itu, untuk meningkatkan *activity daily living* pasien pasca stroke memerlukan rehabilitasi. Tindakan keperawatan dalam meningkatkan kemampuan *activity daily living* yaitu *Range of Motion* (ROM) dan kompres hangat. Penelitian ini bertujuan untuk mengetahui pengaruh kombinasi ROM dan kompres hangat terhadap peningkatan kemampuan *activity daily living* pada pasien pasca stroke di wilayah kerja Puskesmas Kecamatan Limo Depok. Metode penelitian yang digunakan adalah *pre experiment* dengan desain *pre – post test one group*. Teknik yang digunakan yaitu *purposive sampling* sesuai dengan kriteria inklusi berjumlah 50 responden. Penelitian ini dilakukan selama 6 hari dengan frekuensi 1 kali dalam sehari. Kuesioner *Barthel Indeks* (BI) digunakan untuk mengukur kemampuan *activity daily living*. Hasil penelitian berdasarkan *Wilcoxon Sign Tes* kemampuan *activity daily living* sebelum dan setelah intervensi ($p\text{ value} = 0,000 < 0,05$). Maka, dapat disimpulkan bahwa ada pengaruh kombinasi ROM dan kompres hangat terhadap peningkatan kemampuan *activity daily living* pada pasien pasca stroke.

Kata Kunci : Pasca Stroke, ROM Aktif, Kompres Hangat, *Activity Daily Living*

THE EFFECT OF COMBINATION OF RANGE OF MOTION (ROM) AND WARM COMPRESS ON INCREASING OF DAILY LIFE ACTIVITIES IN POST STROKE PATIENTS IN THE WORK AREA OF LIMO DISTRICT PUBLIK HEALTH CENTER DEPOK

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Abstract

Stroke can cause decreased ability to daily living activity easily this is due to limited mobility due to nerve damage experienced by post-stroke patients. To improve daily living activities, post-stroke patients need rehabilitation. Nursing actions in improving the ability of daily activities is Range of Motion (ROM) and warm compresses. This study aims to determine the effect of the combination of ROM and warm compresses on increasing daily activities in post-stroke patients in the work area of Limo District Public Health Center, Depok. The research method used is pre-experiment with a pre-post test one-group design. The technique used is purposive sampling in accordance with the inclusion criteria 50 respondents. This study was conducted for 6 days with a frequency of 1 time a day. The Barthel Index (BI) questionnaire is used to measure the ability of daily living activities. The results of the study are based on the Wilcoxon Sign Daily living activity ability test before and after the intervention (p value = $0.000 < 0.05$). Therefore, it can be concluded that there is an effect of the combination of ROM and warm compresses on increasing the ability of daily living activities in post-stroke patients.

Keywords : *Post Stroke, Active ROM, Warm Compresses, Activities Daily Living*